

Lesson Plan Resource Materials

This appendix contains materials for several of the lesson plans included in the book.

Human Letters, pp. 486–490

LESSON 2.3 CLASSROOM ACTIVITY, P. 402

The 26 human-letter alphabet cards can be copied (adjusted to any size you choose), mounted on construction paper, and laminated for greater durability. The individual letters can then be cut around the square so that you end up with a deck of cards. Students draw a card from the deck and then use their body to make the letter the way it is shown on the card.

Animal Movement Cards, pp. 491–503

LESSON 2.4 CLASSROOM ACTIVITY, P. 404

The 26 animal movement cards can be copied (adjusted to any size you choose), mounted on construction paper, and laminated for greater durability. Students can choose a card or a teacher can show the class a card as a cue. Students are instructed to move like the animal on the card.

Loco Locomotor Hats, pp. 504–511

LESSON 2.6 INTRODUCTORY ACTIVITY, P. 407

Copy the eight Loco Locomotor hats and mount them on heavier paper or poster board. Make a heavy paper band to go around the head and hold the hat in place. Students should perform the activity indicated on the hat the teacher is wearing.

Carpet Square Activities, pp. 512–524

LESSON 2.6 CLASSROOM ACTIVITY, P. 408

The Carpet Square activity described in Lesson 2.6 integrates movement and reading. The 25 activity cards

included here can be copied (adjusted to any size you choose), mounted on construction paper, and laminated for greater durability. Randomly distribute the numbered pages to each carpet square. Students can do this activity alone or in small groups. Children read the activity card and then perform the activity that is described. When finished with one activity, students find the next number and continue until they've done all 25 activities.

Math Shapes, pp. 525–527

LESSON 2.7 INTRODUCTORY ACTIVITY, P. 409

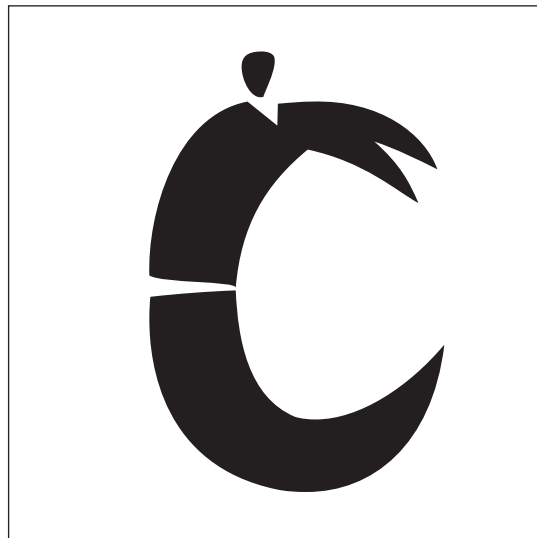
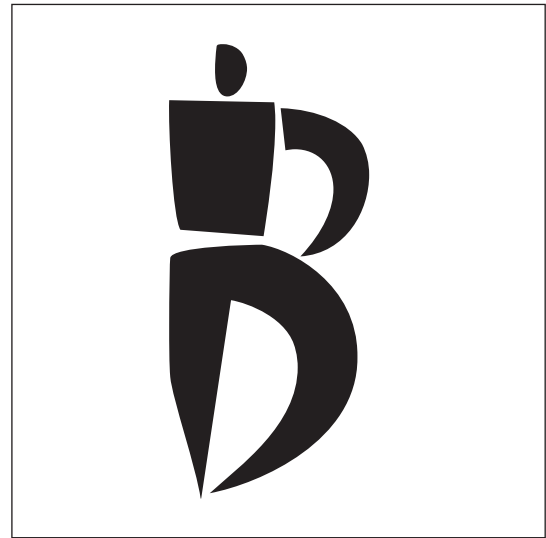
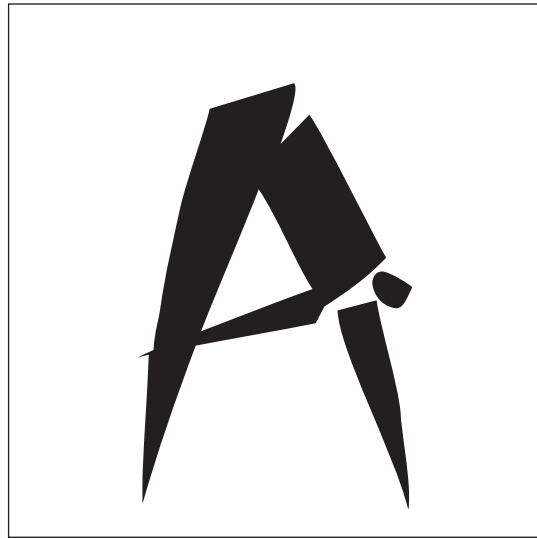
The six math shape cards can be copied (adjusted to any size you choose), mounted on construction paper, and laminated for greater durability. Each card includes a number and a locomotor skill. Begin with cards scattered on the gym floor. Students find a card and then move to touch the number of walls indicated by the number on the card, using the locomotor skill specified on the card. The activity continues until all students have completed the activity for each shape.

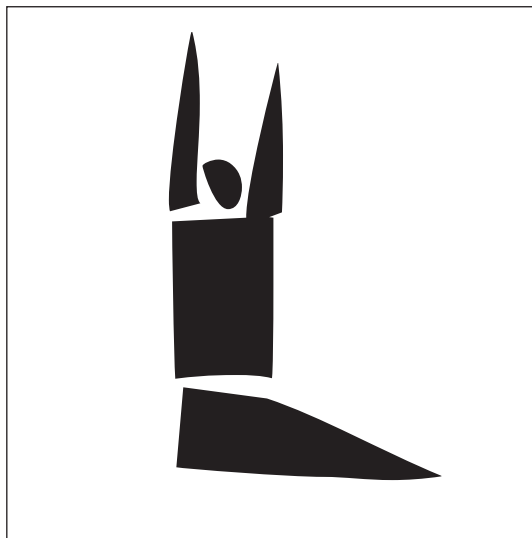
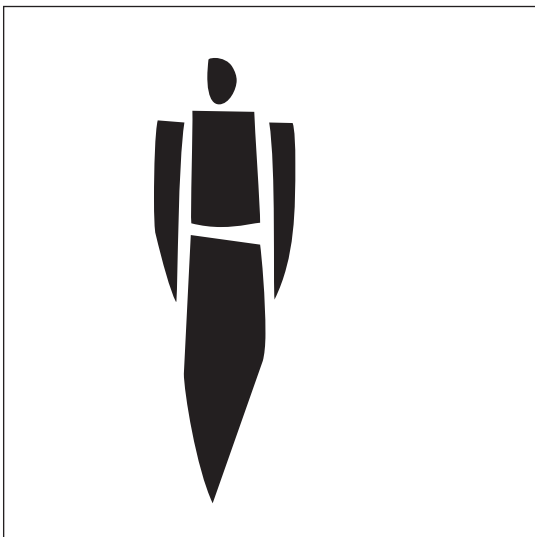
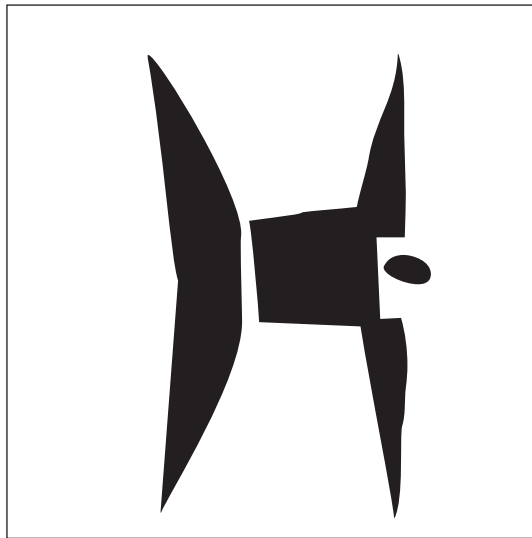
Physical Education Bingo, pp. 528–548

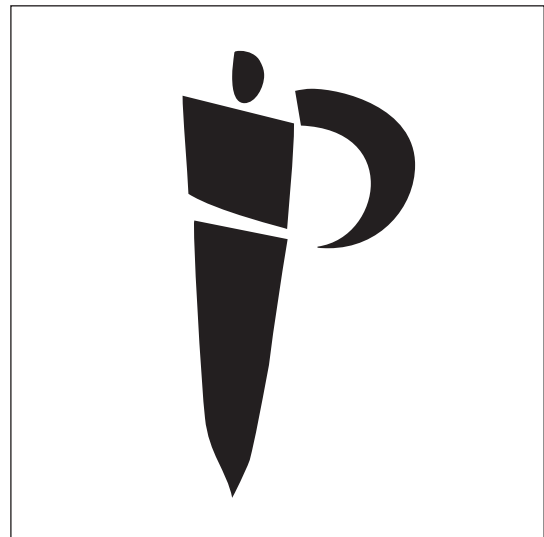
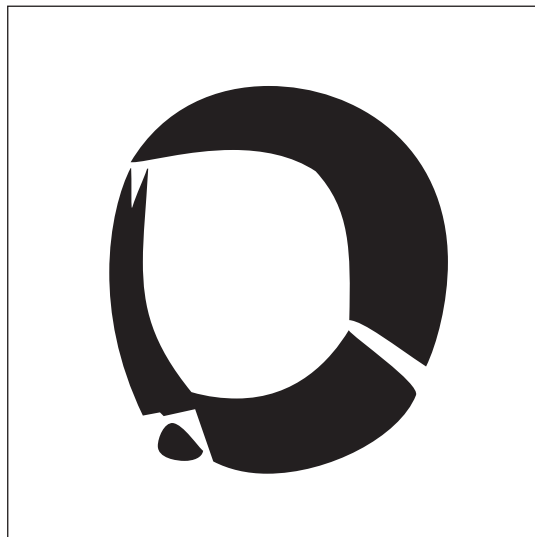
LESSON 2.8 CLASSROOM ACTIVITY, P. 411

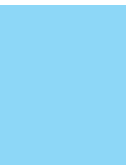
Three types of cards are included here for Physical Education Bingo. There is one sheet of Physical Education pieces, 30 student bingo cards, and 30 cards with bingo numbers and activities for use by the teacher. The cards can be copied (adjusted to any size you choose), mounted on construction paper, and laminated for greater durability; copy enough bingo pieces for all students to have a supply. The instructor calls out the number and activity; if a student's card contains the number and the student can perform the activity, the student may place a Physical Education piece on the appropriate square on her or his card. See p. 411 for complete instructions for Physical Education Bingo.

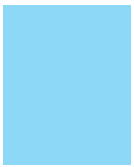
HUMAN LETTER CARDS: Lesson 2.3 Classroom Activity



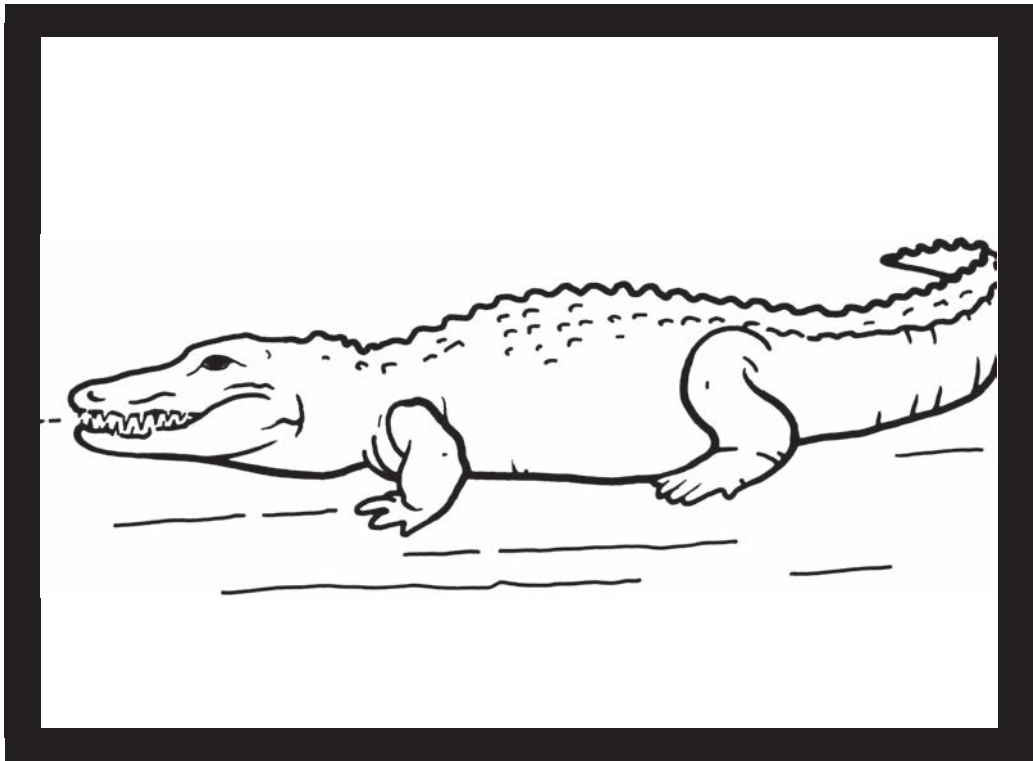




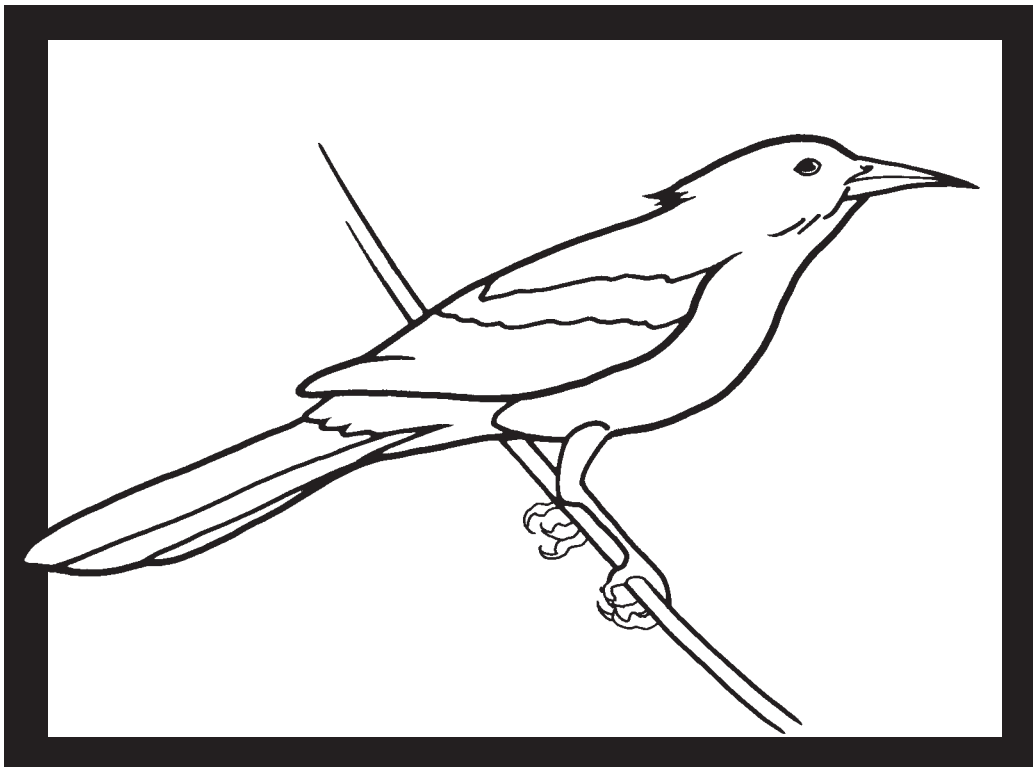




ANIMAL MOVEMENT CARDS: Lesson 2.4 Classroom Activity

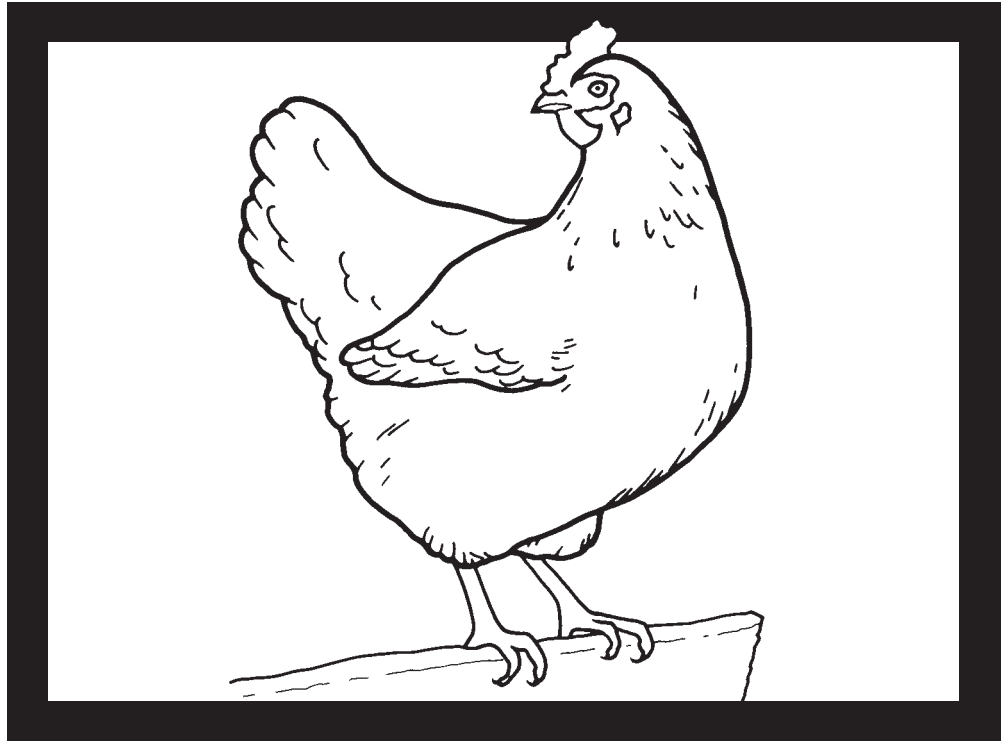


ALLIGATOR

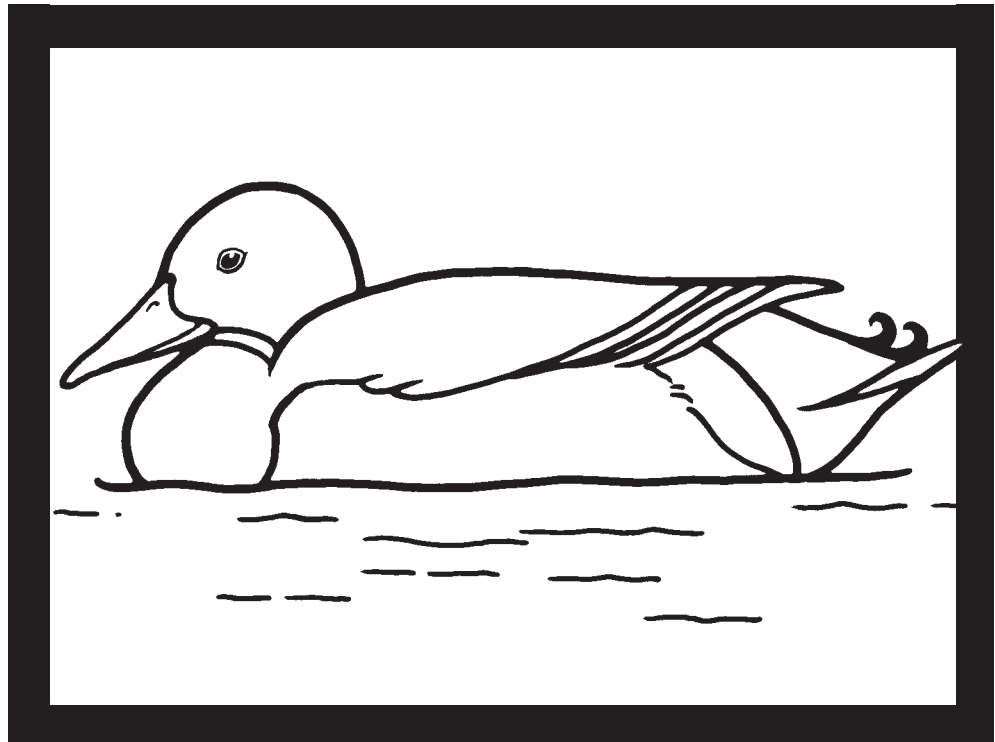


BIRD



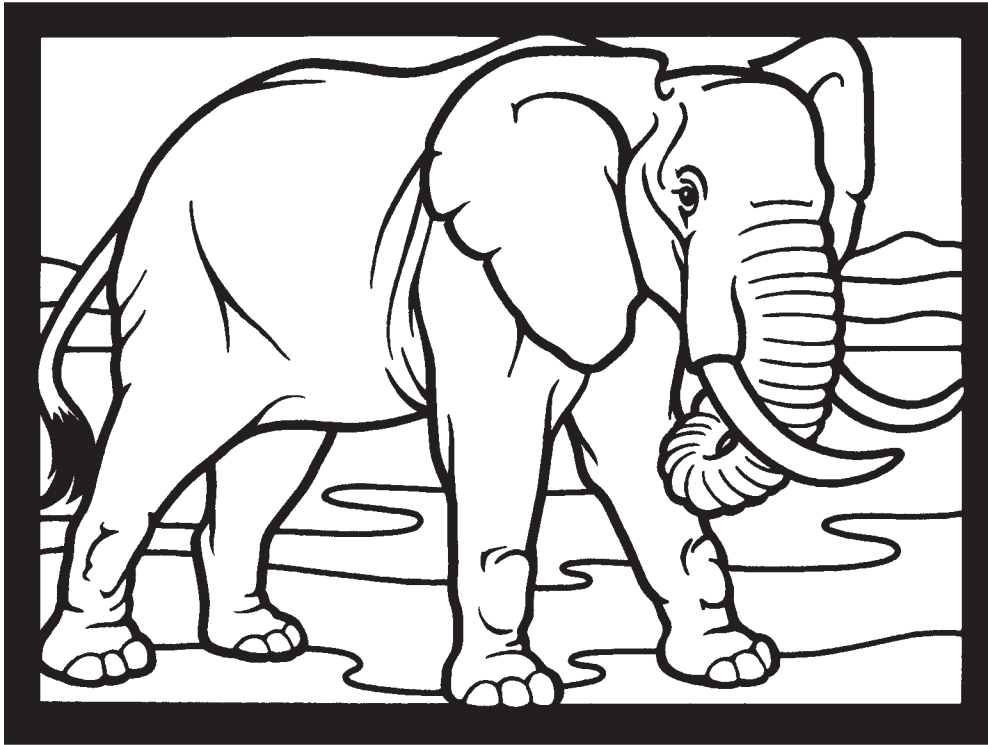


CHICKEN

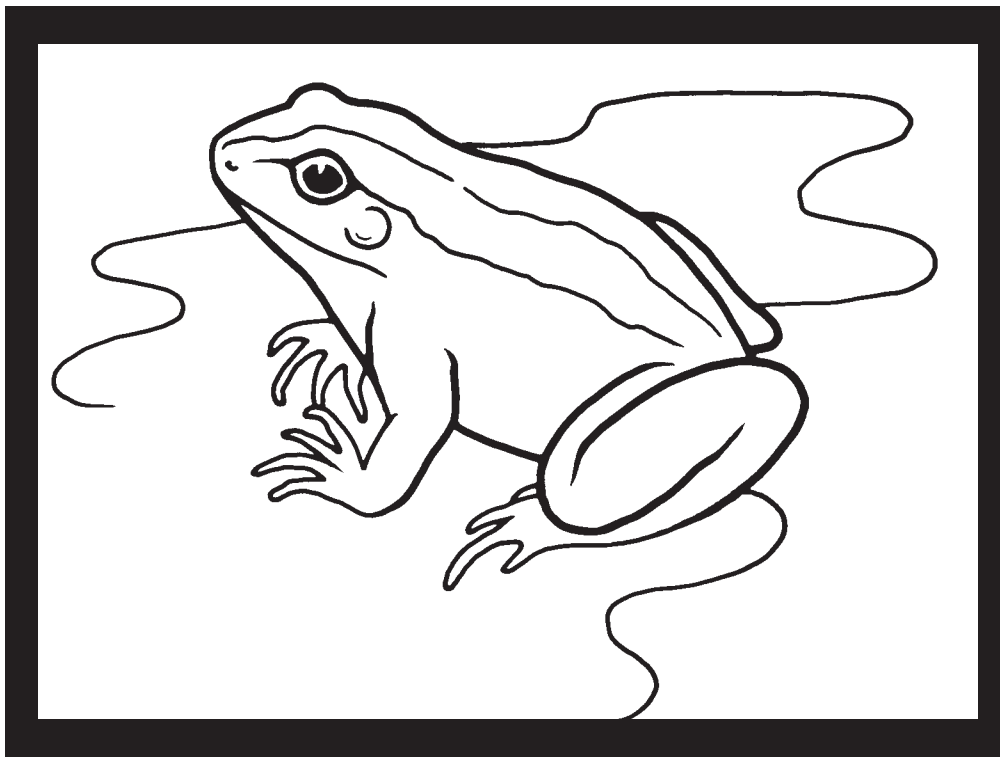


DUCK

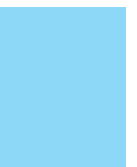




ELEPHANT

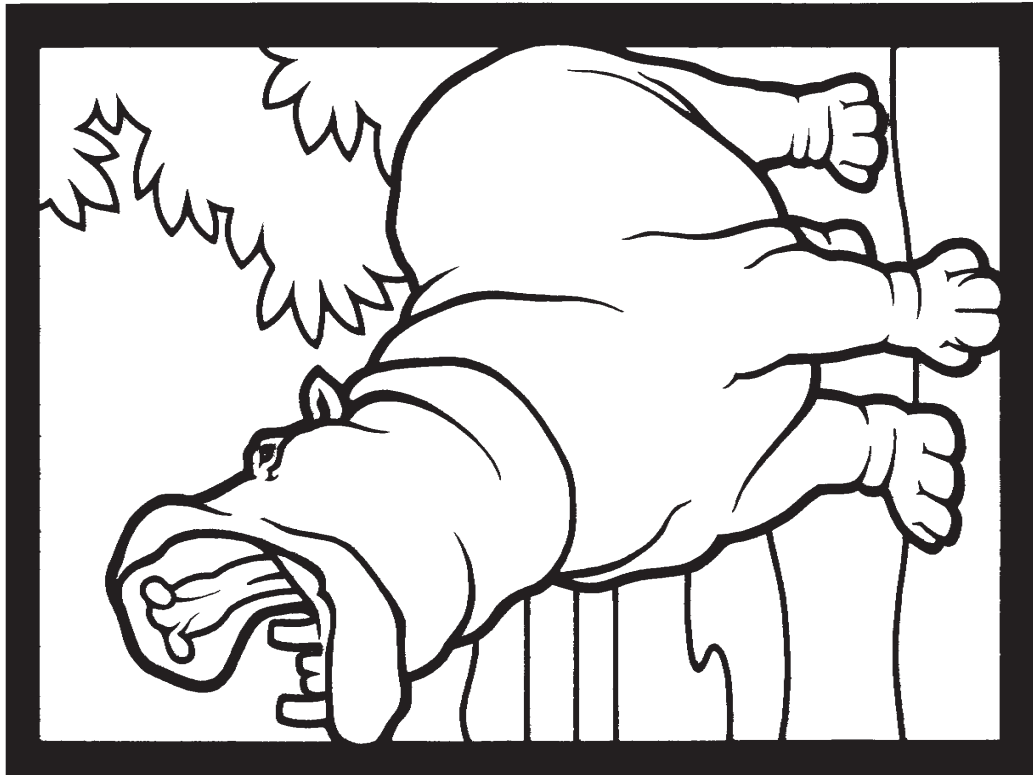


FROG

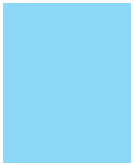


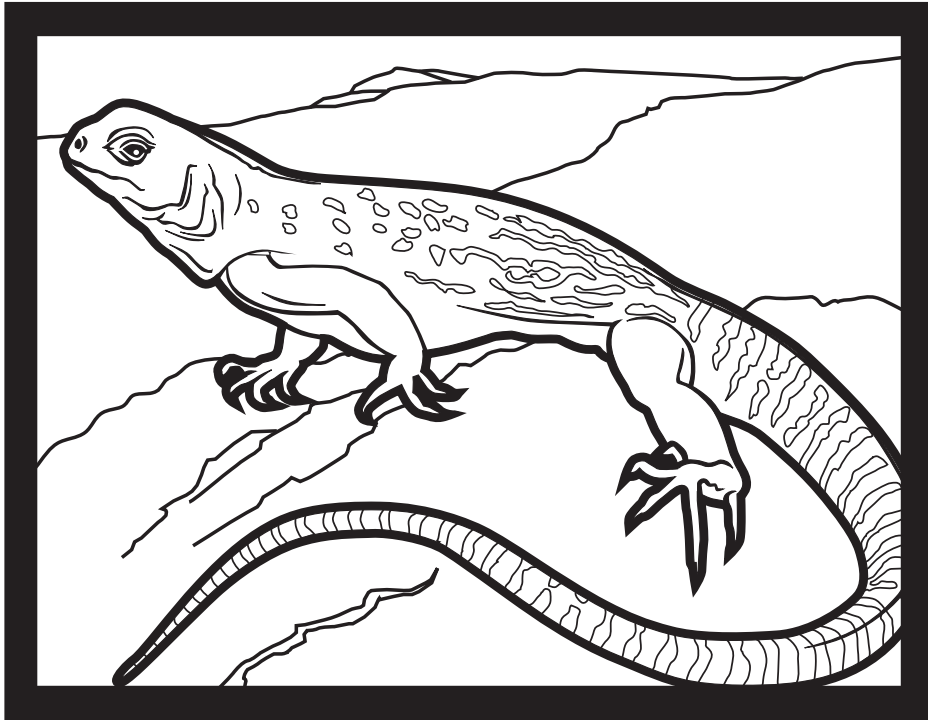


GORILLA

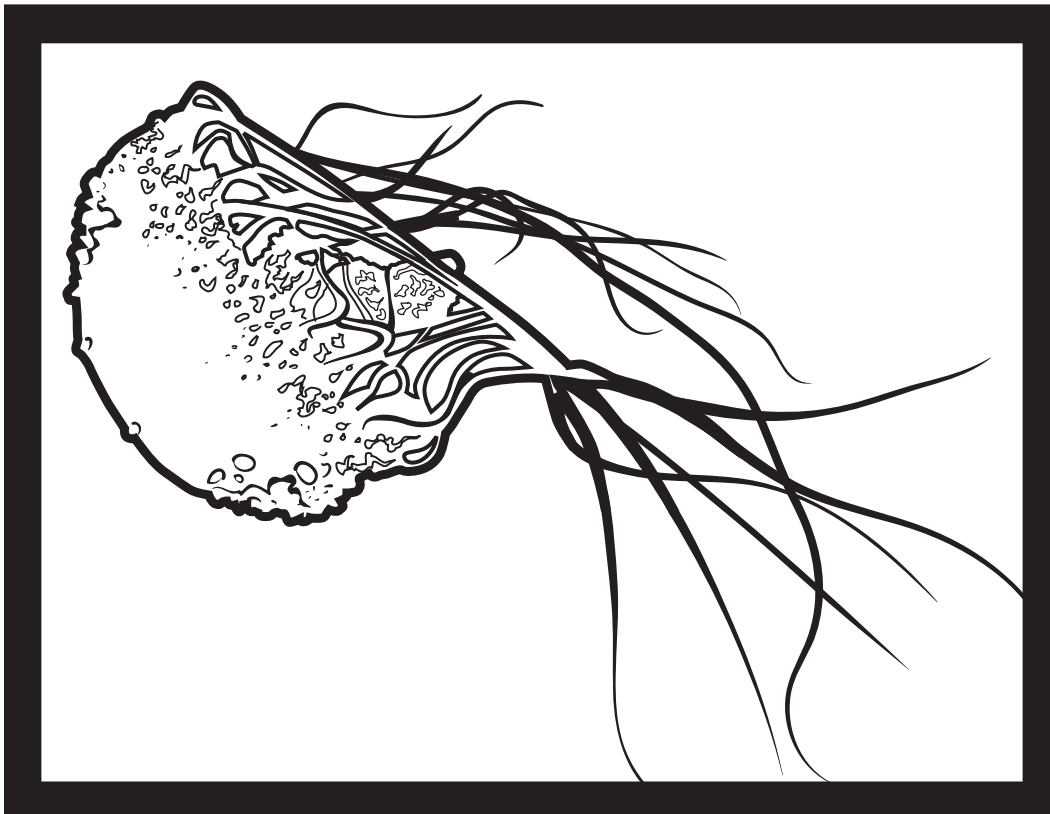


HIPPOPOTAMUS

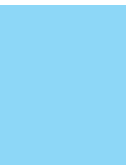


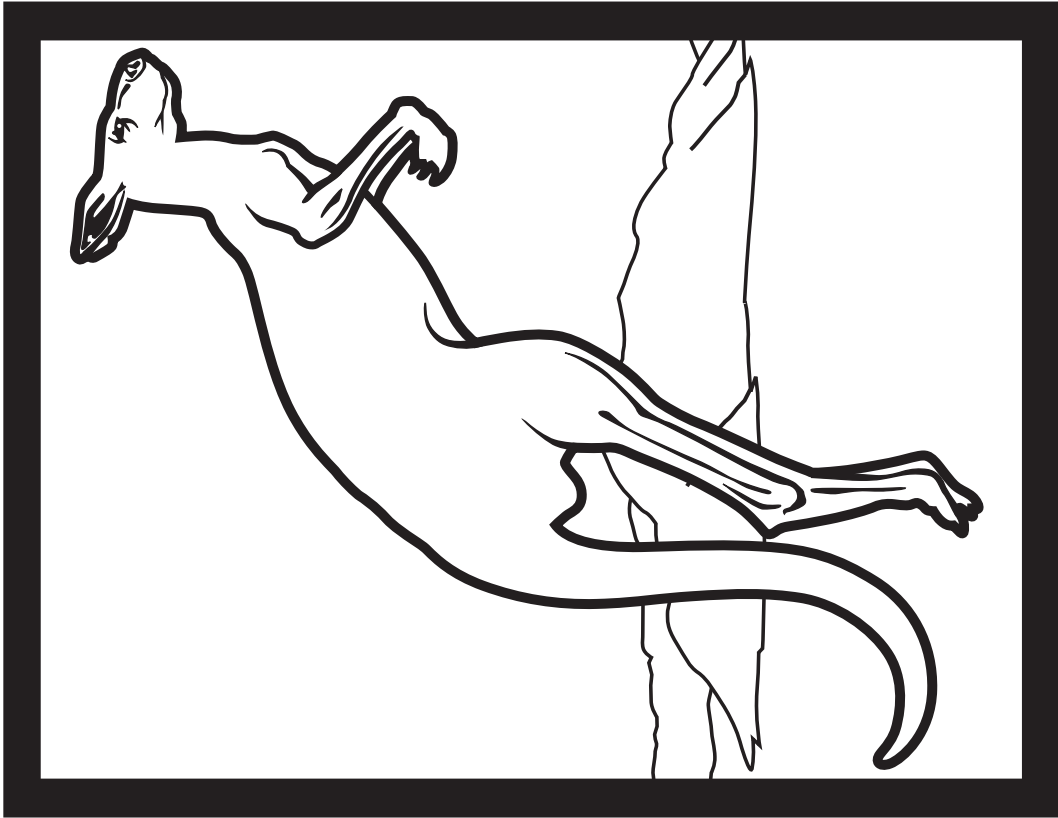


IGUANA

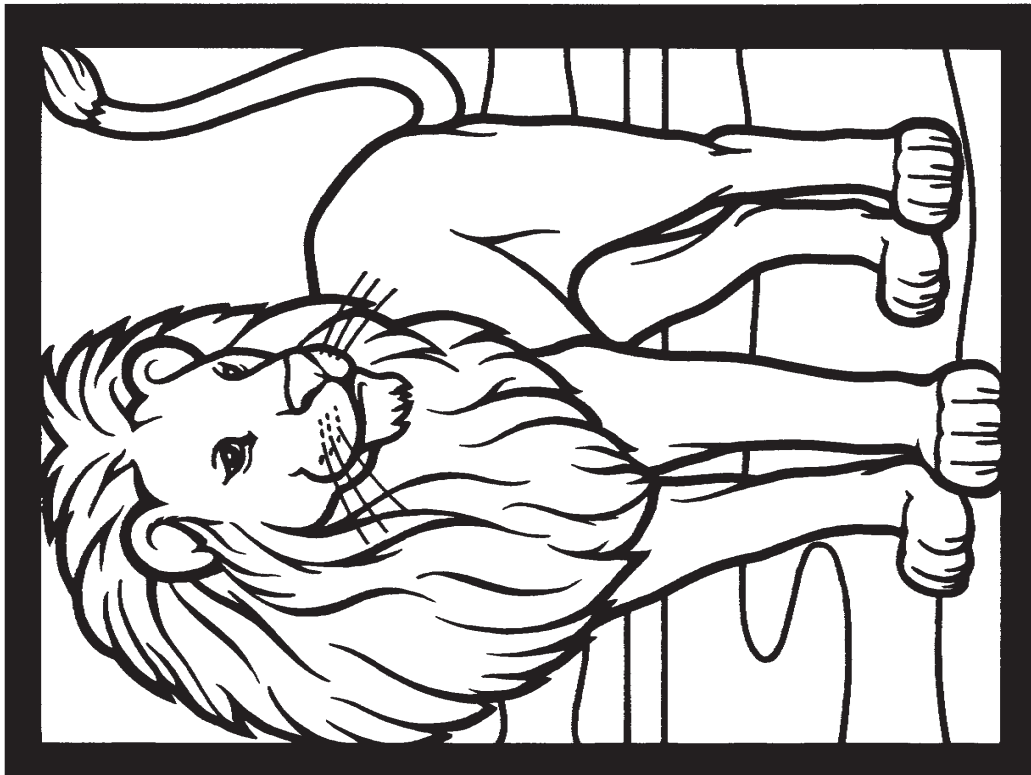


JELLYFISH





KANGAROO

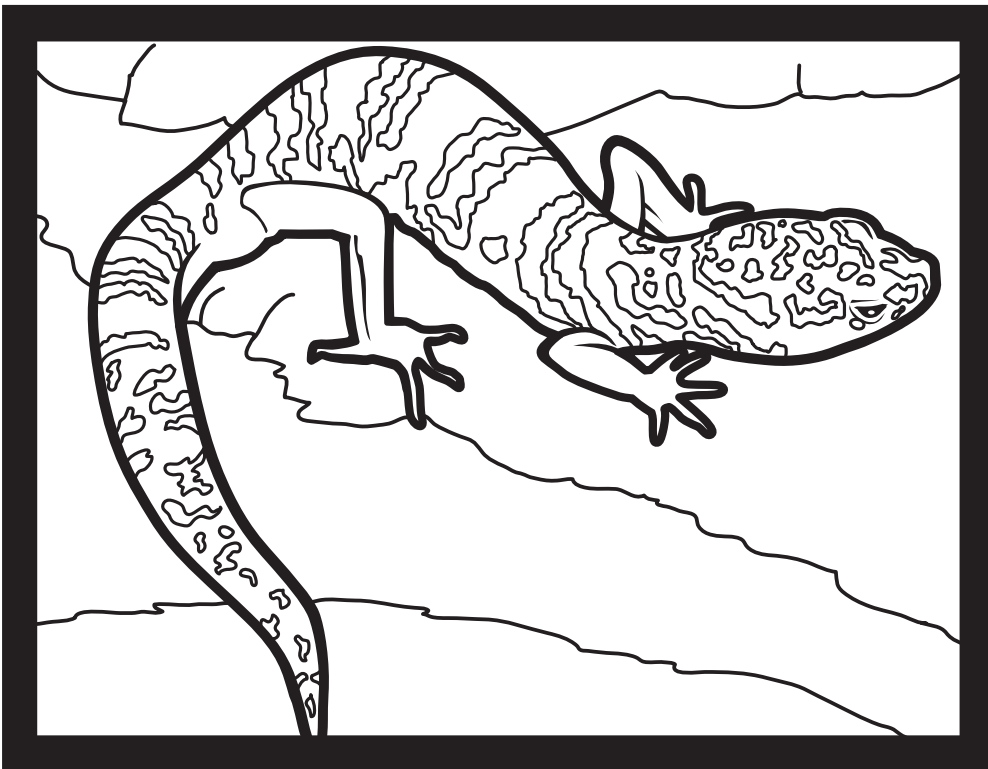


LION

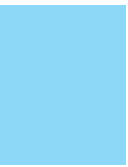




MOOSE

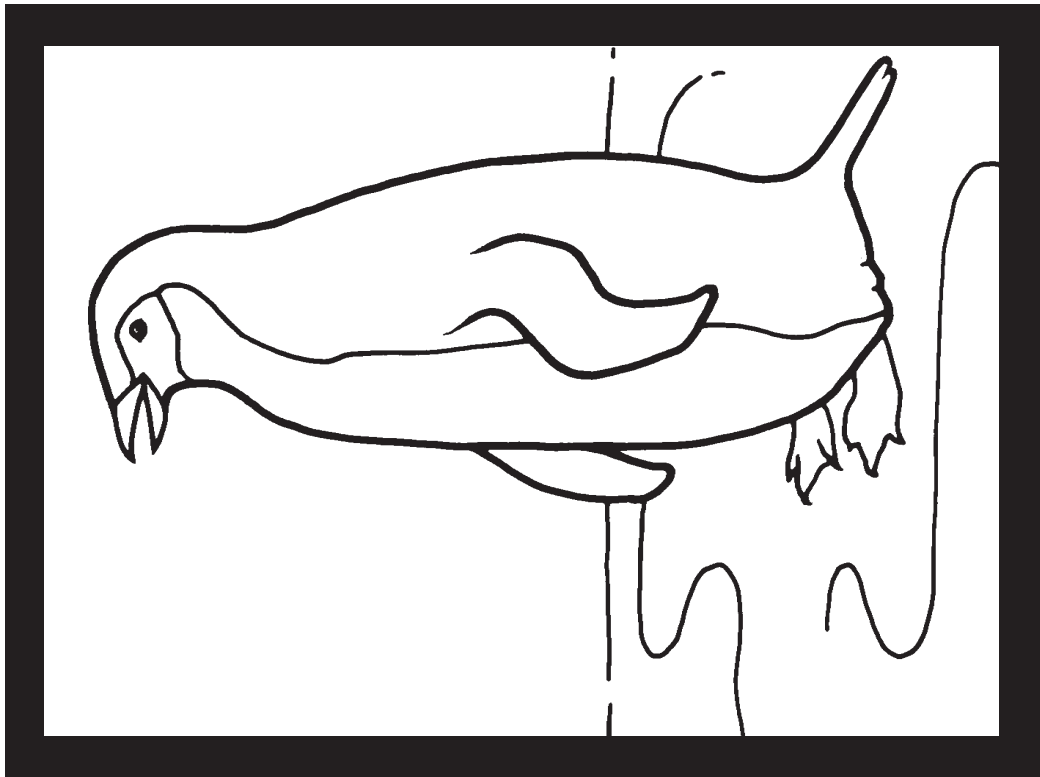


NEWT

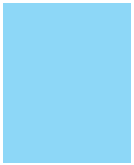


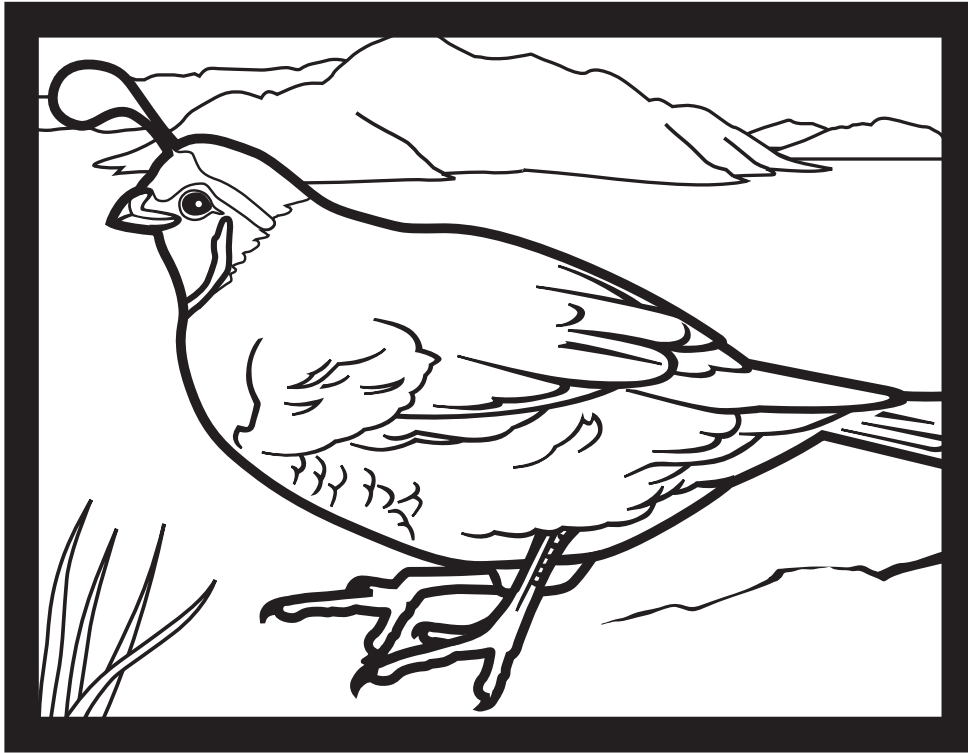


OPOSSUM

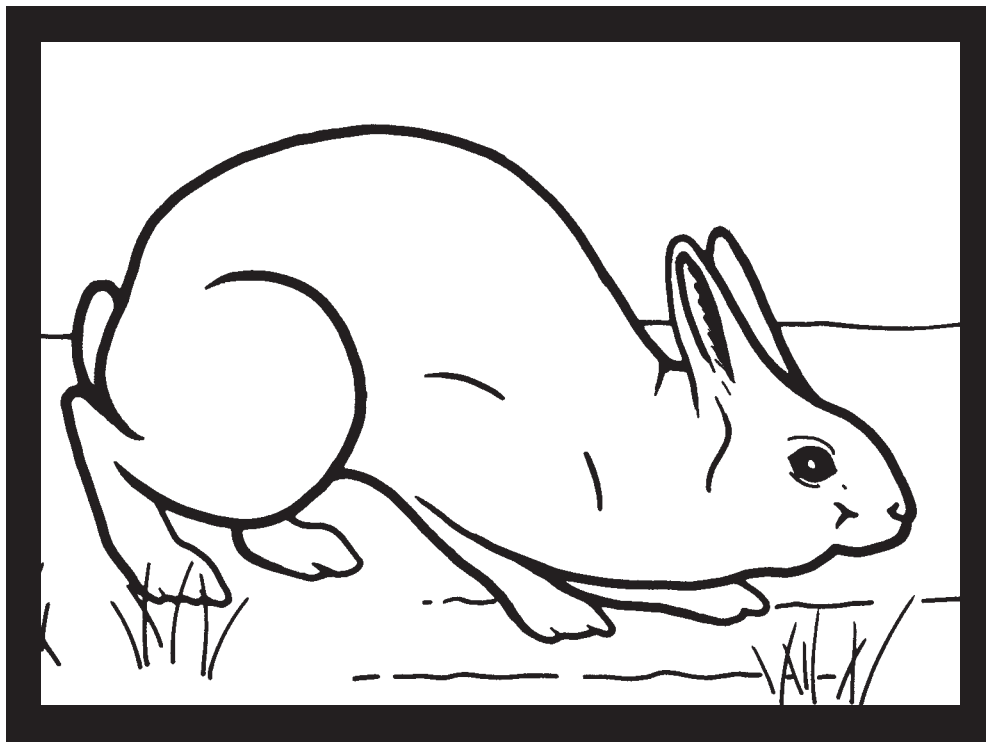


PENGUIN

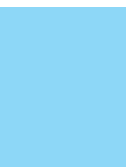


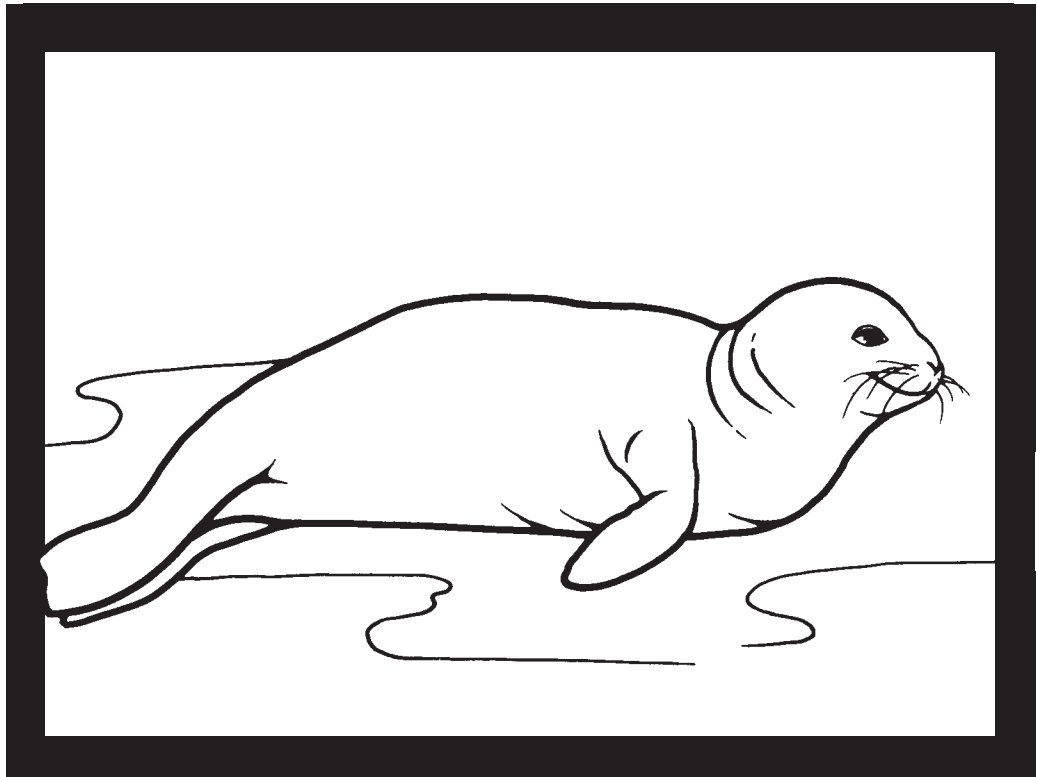


QUAIL



RABBIT



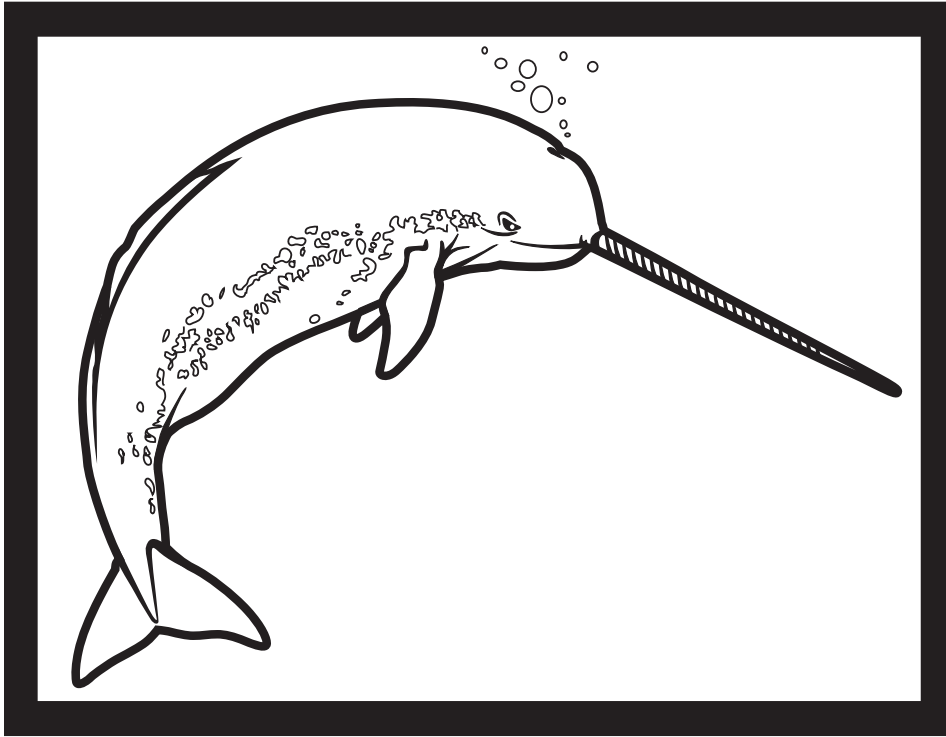


SEAL



TIGER

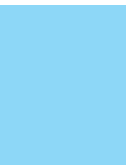


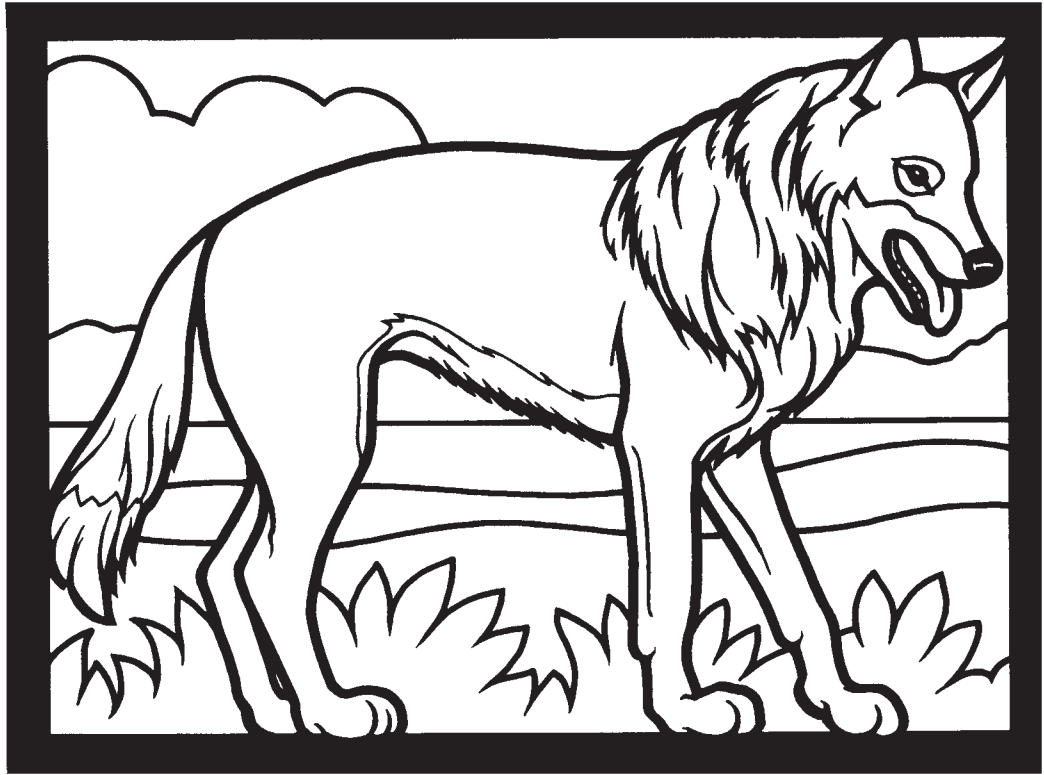


UNICORN WHALE



VULTURE

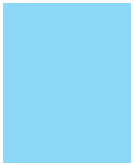


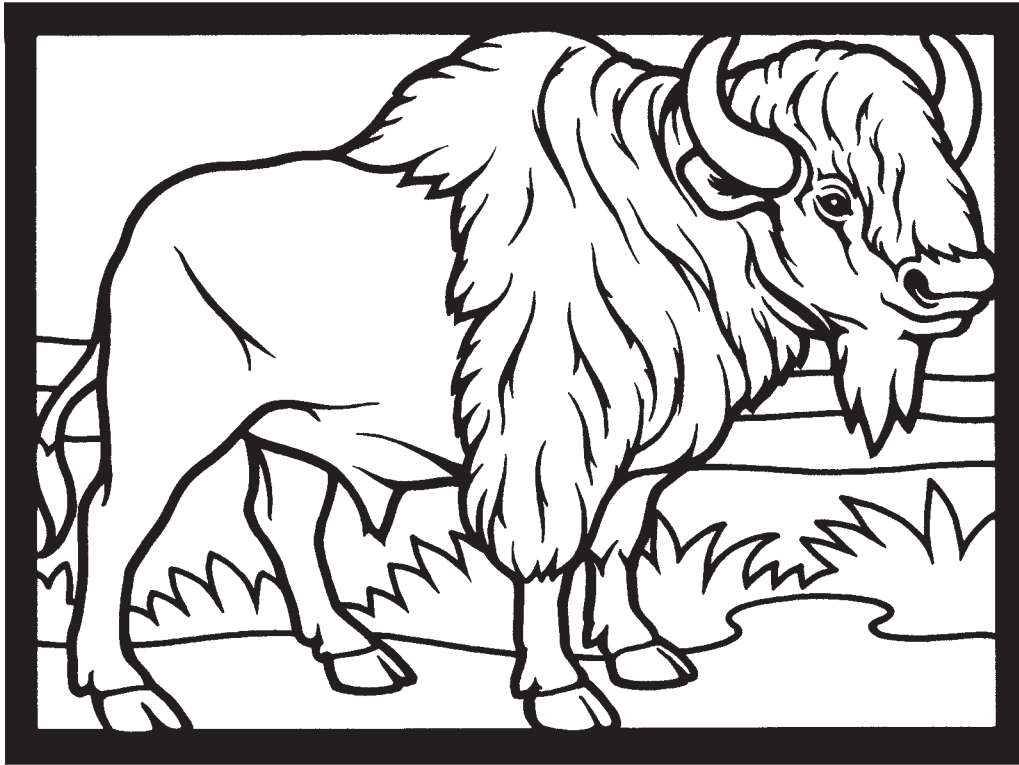


WOLF

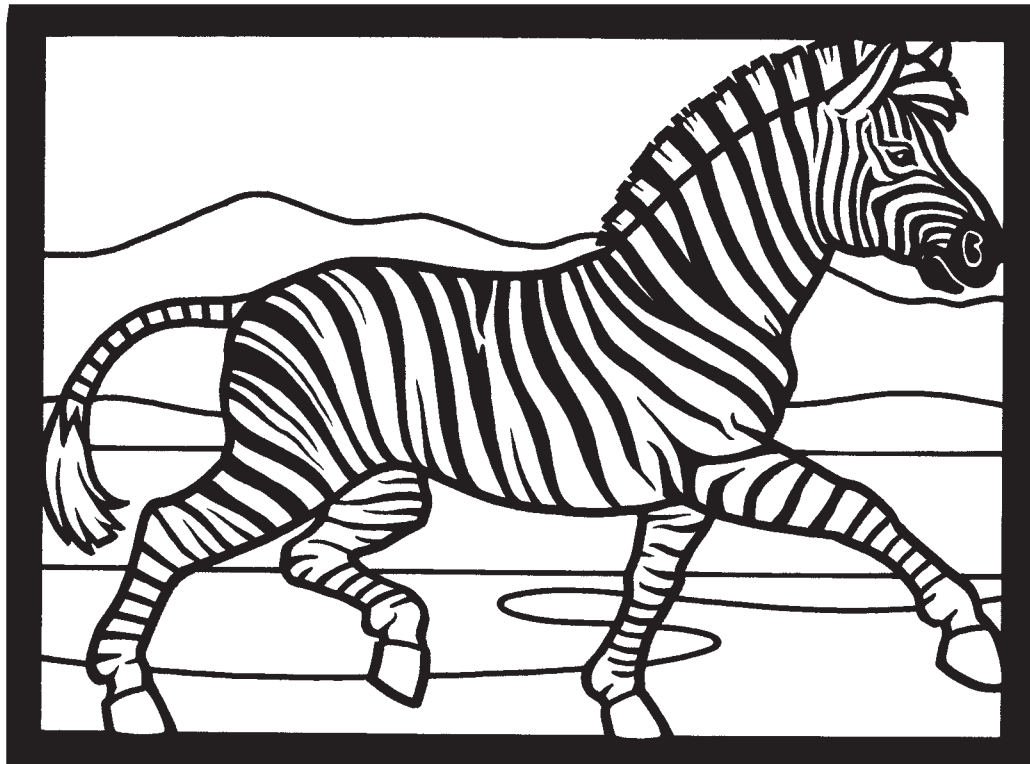


XENU

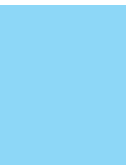




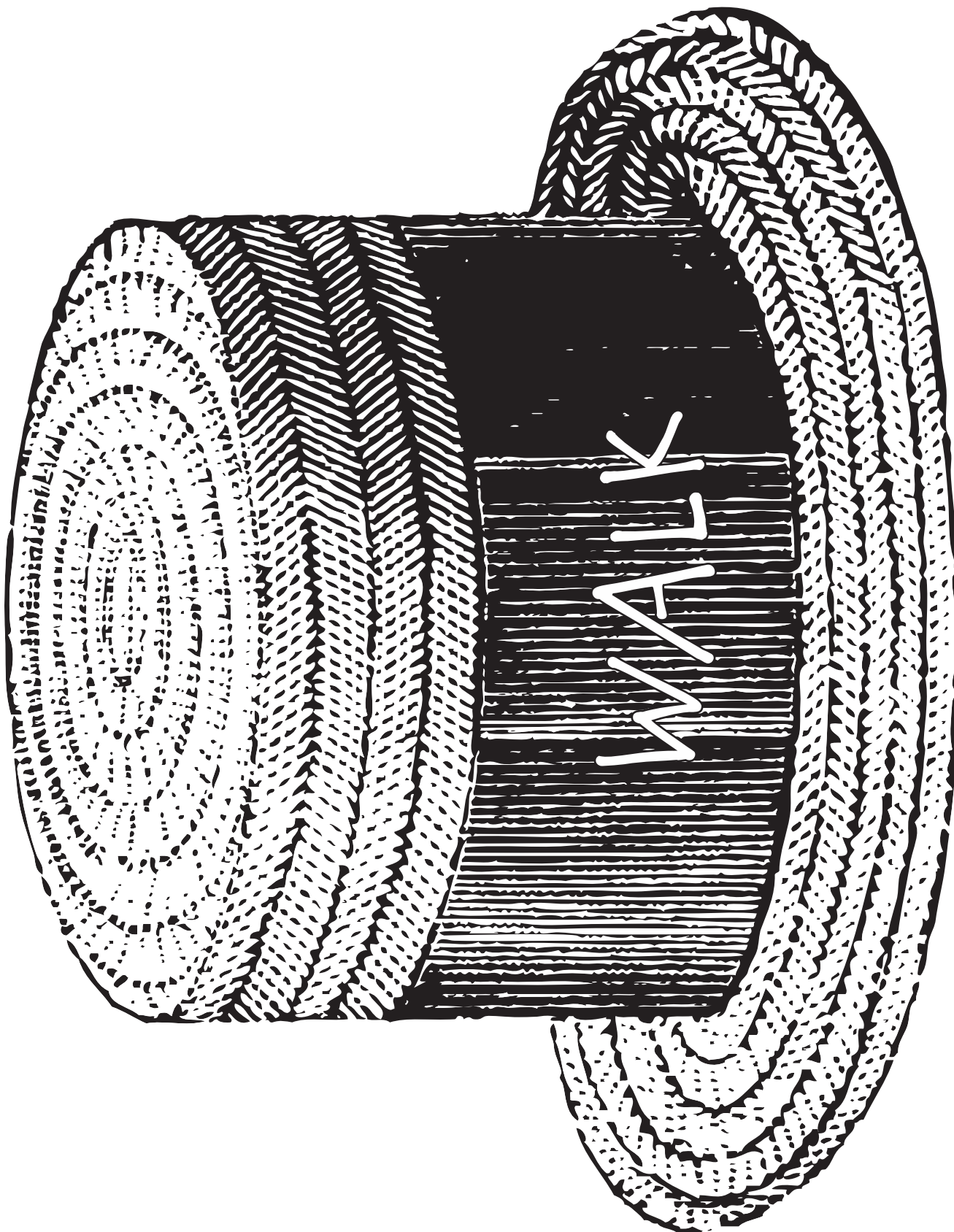
YAK

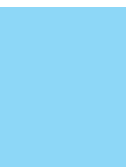


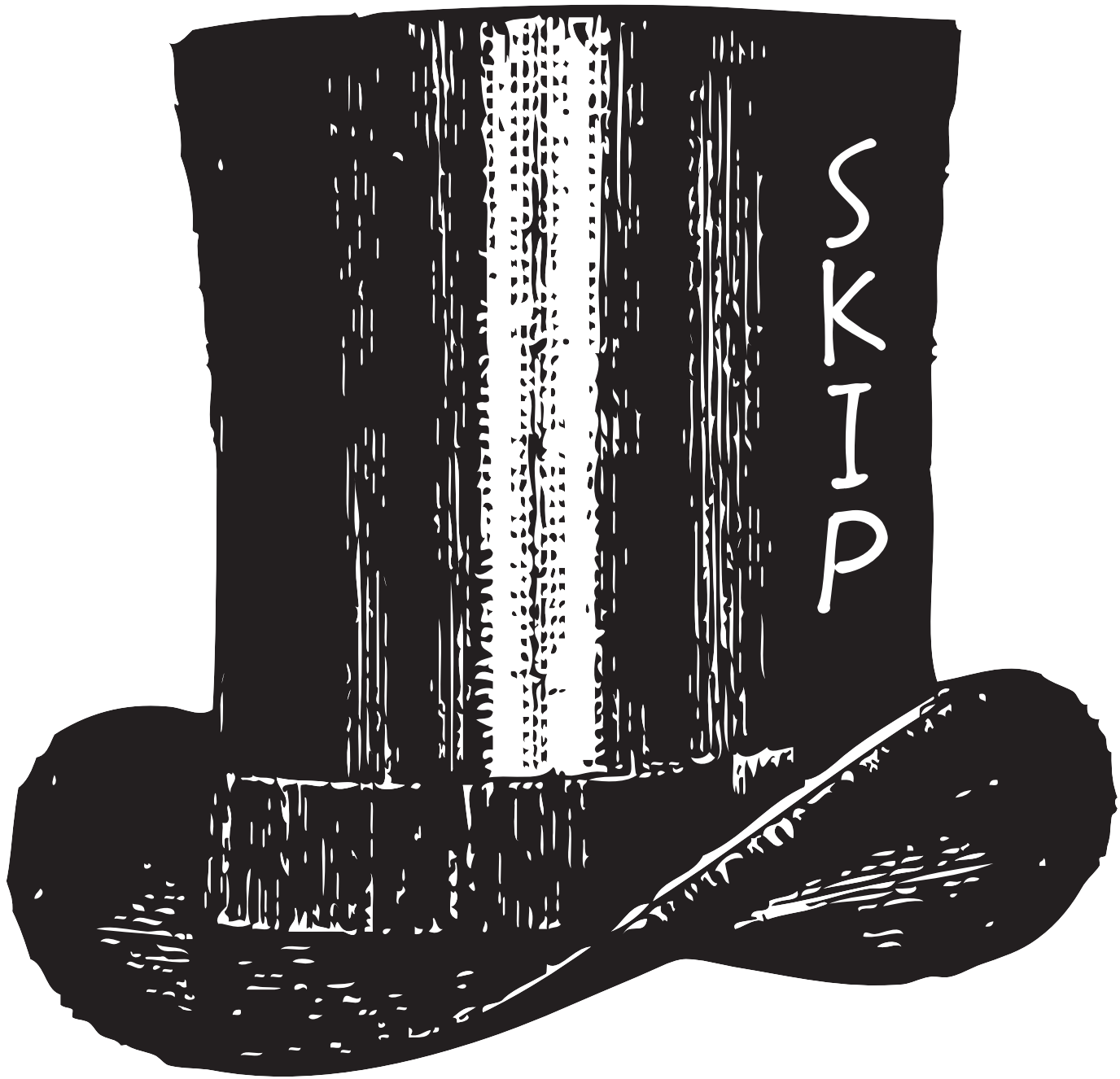
ZEBRA

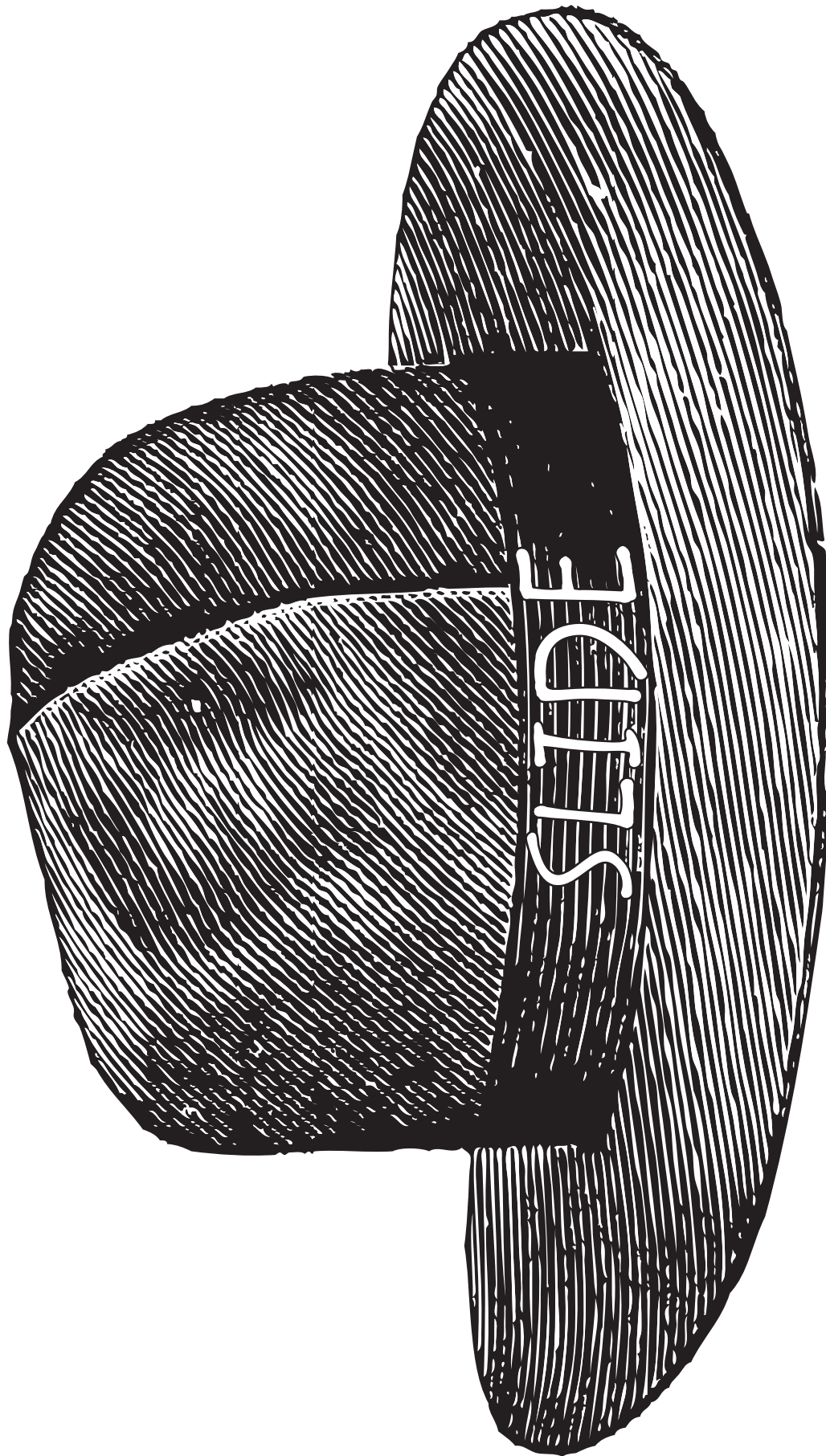


LOCO LOCOMOTOR SKILLS HATS: Lesson 2.6 Introductory Activity

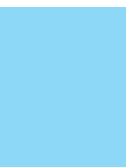
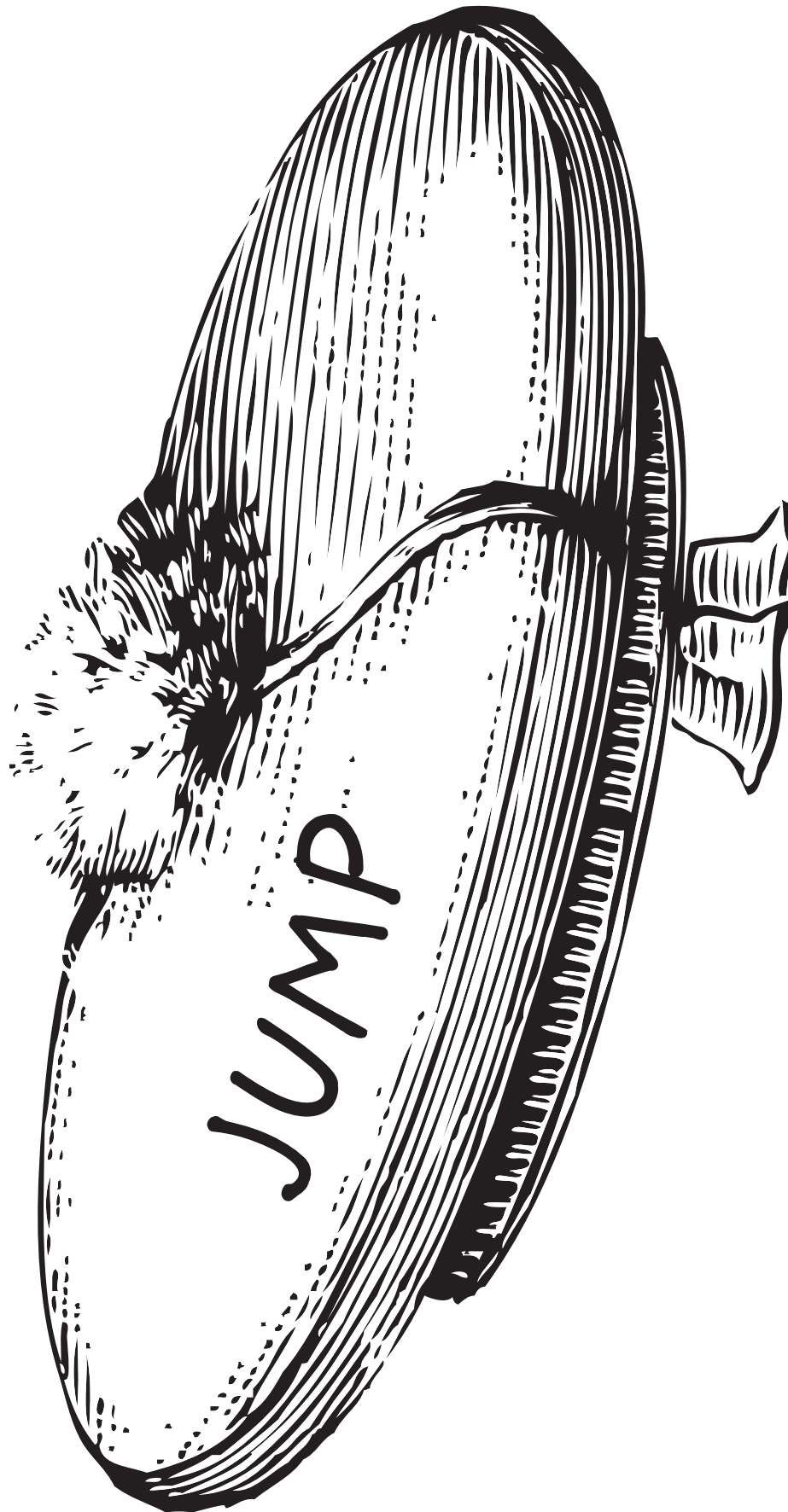


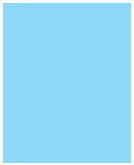
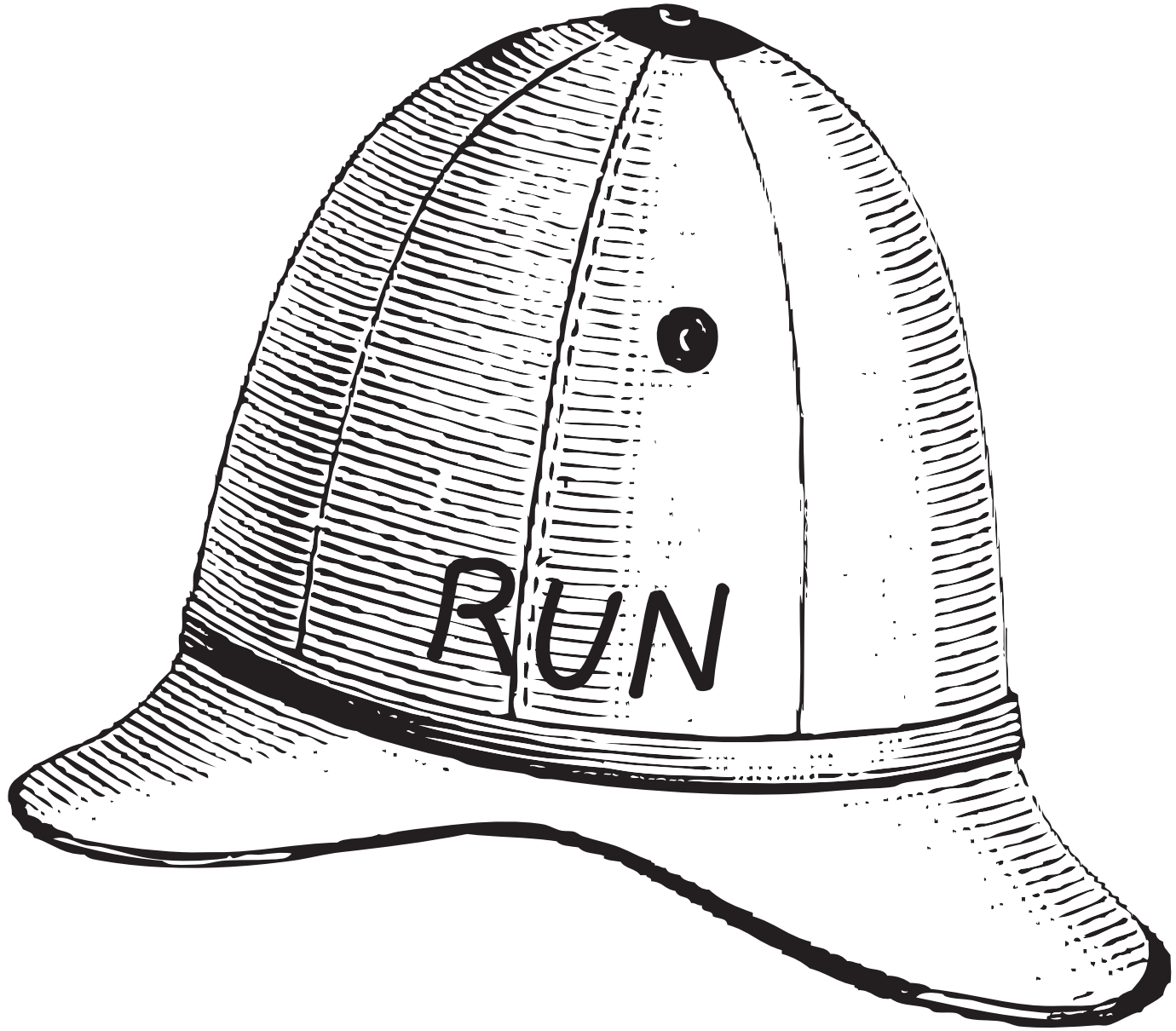


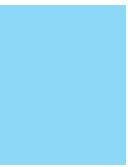
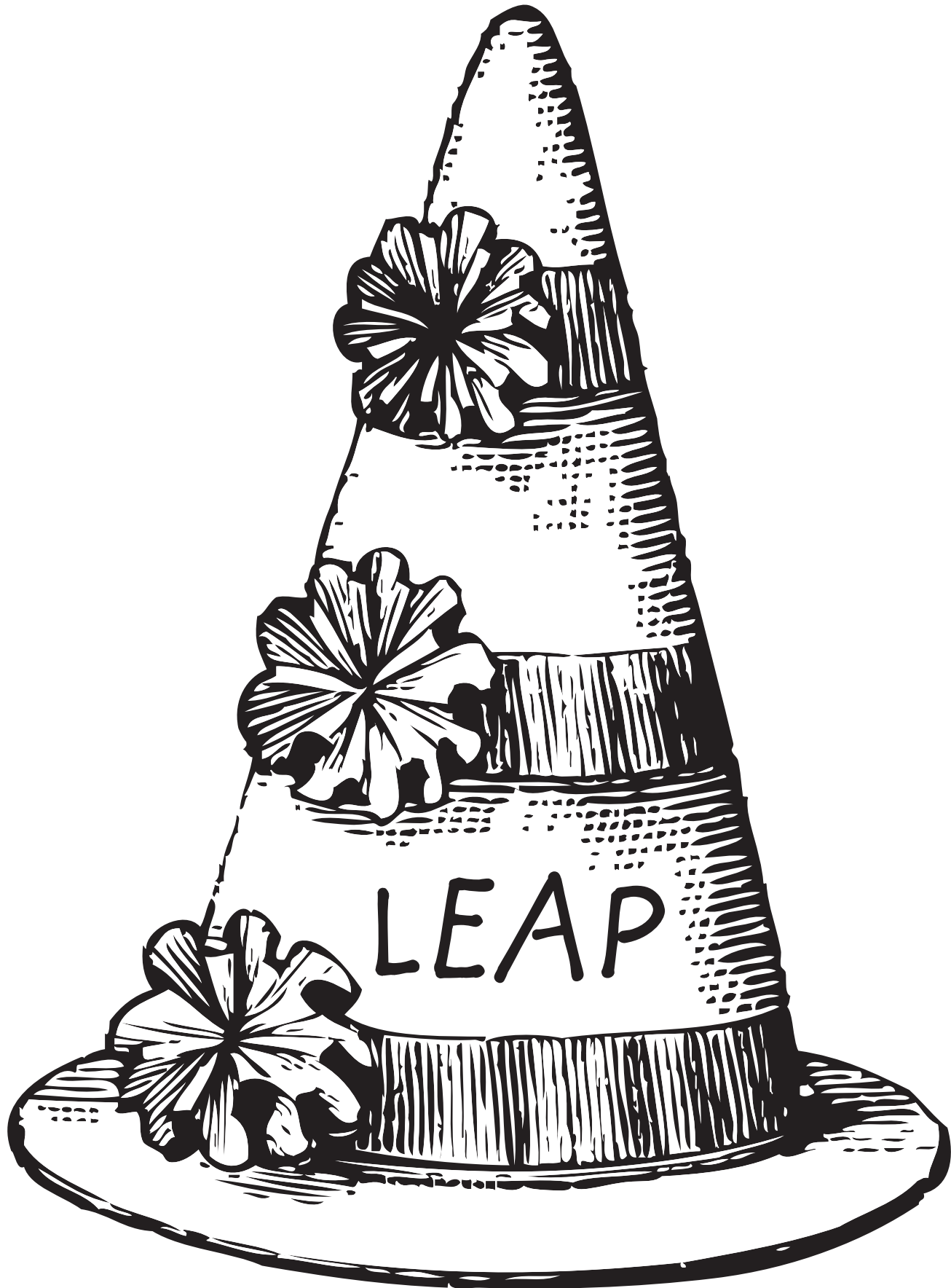












CARPET SQUARE ACTIVITY CARDS: Lesson 2.6 Classroom Activity



2

Pick up the
square. Put
it over your
head and
back to the
ground 10
times.

1

Gallop
around
the
square
10 times.

3

Lie on your
back with
the square
on your
chest. Push
it up and
down 15
times.

4

Jog in
place 60
running
steps.





5

Put your
head on the
square and
walk around
the square
1 time.

Do not move
the square.

6

Lie on
your back
and do 15
bicycles.

8

Jump as
high as
you can
20 times.

7

Skip
around
your
square
10 times.





9

Walk, toe
to heel,
around
the
square
5 times.

10

Jump up and
down 1 time
for each
letter in
your last
name while
yelling each
letter.

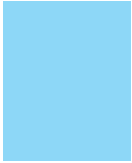
11

Crab-walk
around
the
square
8 times.

12

Close your eyes.
Put your arms
straight out to
the side of your
body. Touch your
nose with your
left hand, then
your right hand,
10 times each.





13

Hop on your
right foot 4
times, then on
your left
foot 4 times.
Right 3, left 3,
right 2, left 2,
right 1, left 1.

14

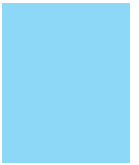
Touch
your big
toe to
your head
5 times.

15

Jump into
the air
with a quarter
turn on
each jump
12 times.

16

Put 2 body
parts on
the square
and balance
for 10
seconds.





17

Jump into
the air
5 times
with arms
above your
head.

18

Touch
your
toes
4
times.

19

Hop on
1 foot
with 1
hand in
the air
5 times.

20

Do 5
bent-knee
crunches.





21

Touch
your nose
to the
square 5
times while
doing
push-ups.

22

Stand over the
square with
your hands
above your
head. Touch
the square
10 times.

23

Make 3 funny
faces while
standing
on the
square.

24

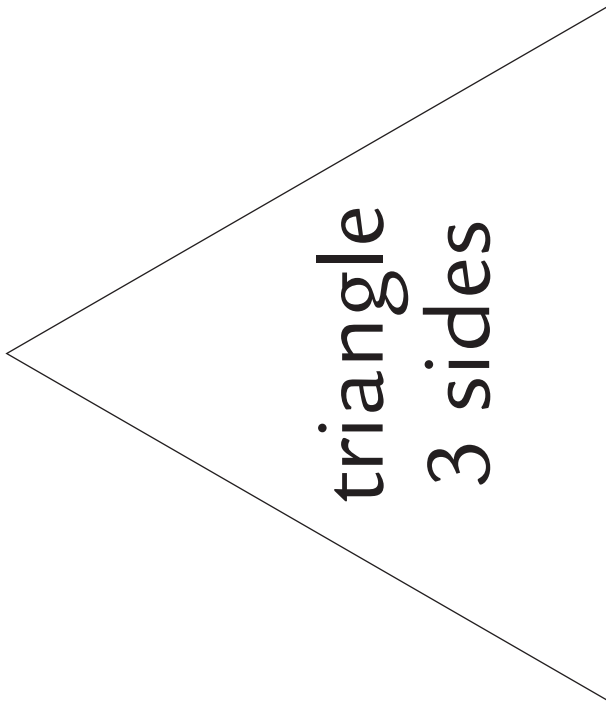
Touch
your head
to the
square
5 times.



25

Pat head and
rub stomach
5 times while
jumping up
and down on
both feet on
the square.

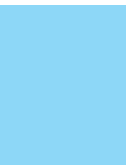
MATH SHAPE CARDS: Lesson 2.7 Introductory Activity




jump



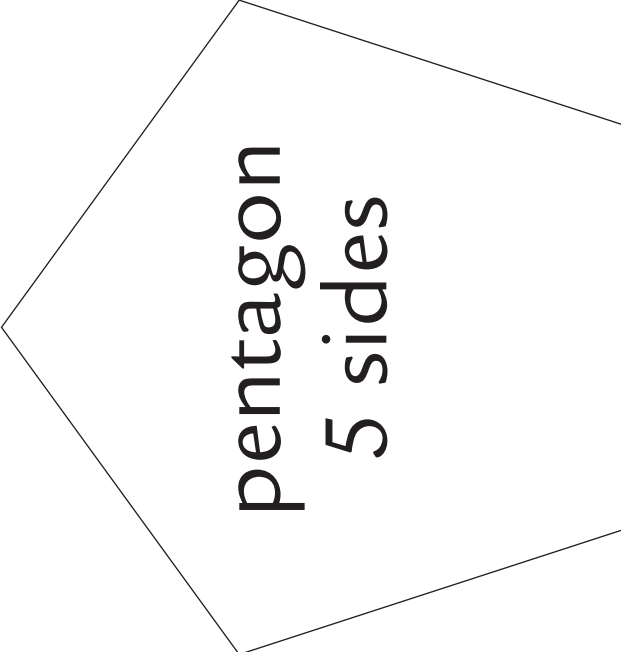
gallop





hexagon
6 sides

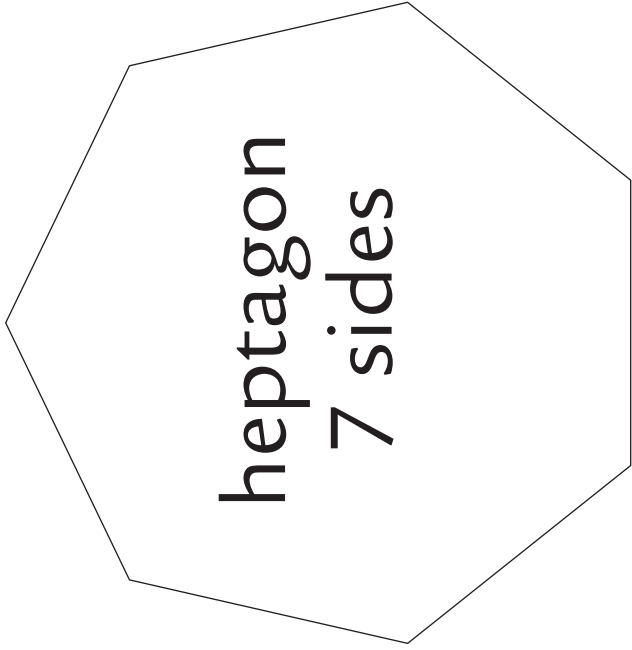
skip

A large black outline of a hexagon is centered in the upper portion of the box. Below it, the text "hexagon" and "6 sides" is written in a simple, black, sans-serif font. In the lower portion of the box, the word "skip" is written in a large, bold, black, sans-serif font.

pentagon
5 sides

slide

A large black outline of a pentagon is centered in the upper portion of the box. Below it, the text "pentagon" and "5 sides" is written in a simple, black, sans-serif font. In the lower portion of the box, the word "slide" is written in a large, bold, black, sans-serif font.



jog

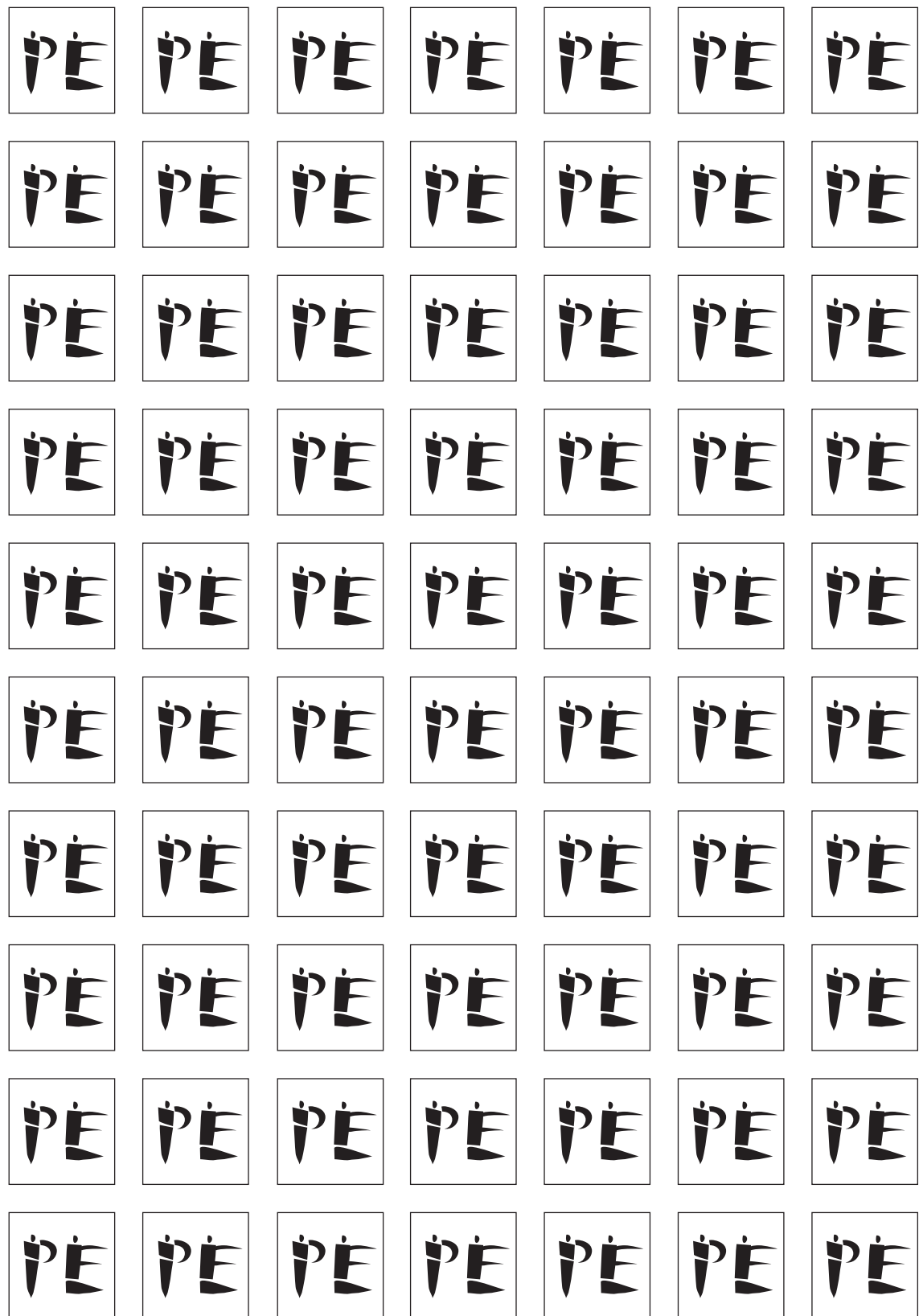


power

walk



PHYSICAL EDUCATION BINGO (Physical Education Pieces):
Lesson 2.8 Classroom Activity



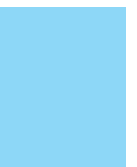
**PHYSICAL EDUCATION BINGO (Student Bingo Cards):
Lesson 2.8 Classroom Activity**

MOVEMENT BINGO

3	6	5
10	7	9
8	2	1

MOVEMENT BINGO

2	5	6
7	3	10
4	9	8



MOVEMENT BINGO

8	9	4
1	7	2
6	5	10

MOVEMENT BINGO

2	8	10
7	3	1
4	9	5



MOVEMENT BINGO

2	6	4
10	7	8
9	3	1

MOVEMENT BINGO

9	5	7
6	3	1
4	2	8



MOVEMENT BINGO

6	3	5
1	8	2
9	4	10

MOVEMENT BINGO

7	9	5
1	3	2
6	4	10

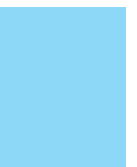


MOVEMENT BINGO

6	2	5
10	8	3
7	4	1

MOVEMENT BINGO

8	5	7
3	2	1
4	10	9



MOVEMENT BINGO

6	3	5
1	8	2
9	4	10

MOVEMENT BINGO

6	9	2
3	10	1
4	7	5



MOVEMENT BINGO

7	9	5
1	3	2
6	4	10

MOVEMENT BINGO

6	8	7
3	10	1
4	2	5

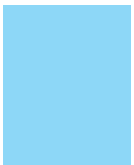


MOVEMENT BINGO

9	5	6
8	3	1
4	2	10

MOVEMENT BINGO

3	10	1
5	6	9
8	4	7

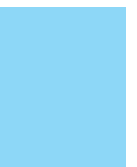


MOVEMENT BINGO

6	2	5
10	8	3
7	4	1

MOVEMENT BINGO

8	5	7
3	2	1
4	10	9



MOVEMENT BINGO

6	3	5
1	8	2
9	4	10

MOVEMENT BINGO

6	9	2
3	10	1
4	7	5

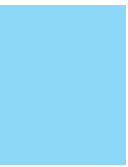


MOVEMENT BINGO

6	8	7
3	10	1
4	2	5

MOVEMENT BINGO

7	9	5
1	3	2
6	4	10



MOVEMENT BINGO

8	9	4
1	7	2
6	5	10

MOVEMENT BINGO

2	8	10
7	3	1
4	9	5

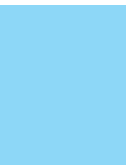


MOVEMENT BINGO

3	6	5
10	7	9
8	2	1

MOVEMENT BINGO

2	5	6
7	3	10
4	9	8



MOVEMENT BINGO

2	6	4
10	7	8
9	3	1

MOVEMENT BINGO

9	5	7
6	3	1
4	2	8

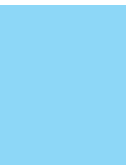


MOVEMENT BINGO

9	5	6
8	3	1
4	2	10

MOVEMENT BINGO

3	10	1
5	6	9
8	4	7



PHYSICAL EDUCATION BINGO (Instructor Bingo Cards):
Lesson 2.8 Classroom Activity

MOVEMENT BINGO 1

Can you
run?

MOVEMENT BINGO 2

Can you
skip?

MOVEMENT BINGO 3

Can you
gallop?

MOVEMENT BINGO 4

Can you
slide?

MOVEMENT BINGO 5

Can you
jump?

MOVEMENT BINGO 6

Can you
leap?

MOVEMENT BINGO 7

Can you
hop?

MOVEMENT BINGO 8

Can you
walk
backward?

MOVEMENT BINGO 9

Can you walk
at a low level?

MOVEMENT BINGO 10

Can you walk
at a high level?

BEANBAG BINGO 1

Can you place the
beanbag on your foot,
gently swing your leg
forward, and then
catch the beanbag?

BEANBAG BINGO 2

Can you toss the
beanbag into the
air and clap
before you catch it?



BEANBAG BINGO 3

Can you toss the beanbag into the air, touch your foot, and catch it?

BEANBAG BINGO 4

Can you toss the beanbag with your right hand and catch it?

BEANBAG BINGO 5

Can you toss the beanbag with your left hand and catch it?

BEANBAG BINGO 6

Can you toss the beanbag, touch your head and shoulders, and then catch it?

BEANBAG BINGO 7

Can you toss the beanbag under your leg and catch it?

BEANBAG BINGO 8

Can you toss the beanbag into the air, touch your knees, and catch it?

BEANBAG BINGO 9

Can you toss the beanbag under your arm and catch it?

BEANBAG BINGO 10

Can you toss the beanbag back and forth from one hand to the other?

SCARF BINGO 1

Can you toss the scarf and catch it?

SCARF BINGO 2

Can you move the scarf like a windshield wiper?

SCARF BINGO 3

Can you move the scarf in a figure 8?

SCARF BINGO 4

Can you move the scarf in a circle overhead?



SCARF BINGO 5

Can you move the scarf like a slithering snake?

SCARF BINGO 6

Can you move the scarf in a circle in front of your body?

SCARF BINGO 7

Can you toss the scarf, clap your hands, and catch it?

SCARF BINGO 8

Can you toss the scarf with your right hand and catch it?

SCARF BINGO 9

Can you toss the scarf with your left hand and catch it?

SCARF BINGO 10

Can you move the scarf up and down like you are painting?