

Teacher: Mr. Waltermire
 Date: October 28
 Grade Level: K-2 (F Day Extra)
 Time Allocated: 40 minutes
 Unit:
 Lesson Focus: Hula Hoop Activities

Standards:
 K-2nd: 10.4.3.A, 10.4.3.F, 10.5.3.A,

Objectives:
 1-P: The learner will be able to master 7 of the 11 hula hoop activities done during the lesson.
 2-A: The learner will use equipment properly.

| Teaching Content | Equipment | Picture | Evaluation |
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| <u>Before Class</u> -The teacher will have all the equipment out before students arrive at the gym. -The teacher will wait for the students by the door. -When students enter the gym, the teacher will have them walk to a poly spot to start our stretching and fitness activities. | <u>Whole Class</u> -Poly Spots -Pennies -Hula Hoops | | |
| <u>Stretches</u> <u>Time Expected: 5 minutes</u> -Once all students are on their poly spot, the teacher will lead the class in stretching. Some stretches the teacher will have the class do are as followed: <ul style="list-style-type: none"> ● Arm Circles ● Triceps Stretch ● Deltoid Stretch ● Neck Roll ● Butterfly Stretch ● Push-ups ● Toe Touches ● Jumping Jacks | -Poly Spots | | |

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| <p>-The teacher will observe to make sure the students are doing the stretches correctly.</p> <p>-The teacher will help students that are struggling.</p> <p>-At the end of the stretching, the teacher will have students clean up the poly spots and place them in the bin.</p> <p>-After the students clean up their poly spots, the teacher will have them go to the middle logo to explain the lesson for today.</p> | | | |
| <p><u>Lesson Introduction</u></p> <p>Time Expected: 4 minutes</p> <p>-The teacher will check shoes to make sure all students are wearing sneakers for the day.</p> <p>-The teacher will explain the games the class will be playing for the day. The games include:</p> <ul style="list-style-type: none"> • Turtle Tag • Hula Hoop Activities • Hula Hoop Circles | | | |
| <p><u>Warm- Up Activity: Turtle Tag</u></p> <p>Time Expected: 7 minutes</p> <p>-The teacher will go over the rules for Turtle Tag. Rules are as followed:</p> <ul style="list-style-type: none"> • 2 taggers • If a student is close to a tagger or gets tired, they can get into their turtle shell by getting on the ground and covering their head. They can stay in their shell for 5-10 seconds | -Pennies | | |

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| <ul style="list-style-type: none"> ● If a student gets tagged, they must lay on their back and put their hands up in the air. We call this being a turtle on its back. Turtles on their back can get back in the game once a student runs over and helps them to their feet ● Students must stay inside the black lines. If a student goes out of bounds, they must do 10 exercises. ● Students must be aware of other students on the ground. ● Change taggers every 2-3 minutes. ● If students are following over each other, change the movements to sliding, hopping, galloping, skipping, and/or walking <p>-The teacher will choose 2 taggers.</p> <p>-The teacher will have students spread throughout the gym</p> <p>-The teacher will observe to make sure students are playing safe.</p> <p>-The teacher will stop the class every 2-3 minutes.</p> <p>-At the end of the time period, the teacher will have students go to the red circle to explain the next game for the day.</p> | | | |
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| <p><u>Lesson Focus: Hula Hoop</u> Activities Time Expected: 15 minutes</p> <p>-The teacher will go over the rules for using the hula hoops. Rules are as followed:</p> <ul style="list-style-type: none"> • Any time the teacher blows their whistle, the students must sit outside their hula hoops. • Students are not allowed to throw the hula hoops. • Students must not hit each other with the hula hoops. • Students should not bend the hula hoops. • Students must follow the rules for each activity with the hula hoops • Students must put their hula hoop away at the end of the day. <p>-After going over the rules, the teacher will have students get a hoop and place it in their own area. -The teacher must make sure students have enough personal space. -After students have their hula hoop down, the teacher will tell the students that their hula hoop is frozen for the activities.</p> | <p>-Hula Hoops</p> | | <p>1-P: The teacher will observe the students attempting the different activities with the hula hoops. If the teacher sees a student continually struggling with each activity, the teacher will work with that student in order for them to be successful during the lesson.</p> |
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| <p>-Once students are ready, the teacher will do different activities with the students. These activities include:</p> <ul style="list-style-type: none"> ● Hop on Two feet inside and outside the hoop ● Hop on One foot inside and outside the hoop. ● Make a bridge over top their hoop ● Place 1 foot in the middle of the hula hoop and pivot around the hula hoops ● Put one hand inside the hoop and pivot your body around the hoop. ● Walking on top of the hula hoop ● Hula hoop jump roping ● Spin the hula hoop like a coin ● Hula Hoop around your waist ● Hula Hoop around your neck ● Hula Hoop around your arm <p>The teacher will first demonstrate each activity and then have the students try each activity.</p> <p>-The teacher will walk around to help students that are struggling with each activity.</p> <p>-The teacher will make sure students are doing each activity correctly.</p> <p>-At the end of all the activities, the students will sit next to their hoop and the teacher will explain the next activity.</p> | | | |
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| <p>-The teacher will switch hula hoop activities every 1-2 minutes.</p> <p>-After all activities have been completed, the teacher will have students place their hula hoop back to the cone, and sit in the red circle to listen to the rules for the next activity for the day.</p> | | | |
| <p><u>Culminating Activity: Hula Hoop Circle</u></p> <p>Time Expected: 8 minutes</p> <p>-The teacher will explain the rules to the activity. Rules are as followed:</p> <ul style="list-style-type: none"> • The class will be broken into groups of 6. • Each group will hold hands and have on hula hoop. • Students will try to move the hula hoop around the circle. • Students cannot break the circle • The teacher will say right or left. • When the teacher says right the students will try to move the hula hoop to their right. • On left, the students will try to move the hula hoop to the right. <p>-The teacher will check for understanding.</p> <p>-The teacher will have students demonstrate the activity.</p> <p>-The teacher will break the class into groups of 6.</p> | <p>-Hula Hoops</p> | | <p>2-A: The teacher will observe to make sure students are using the equipment properly. If a student is not using the hula hoop correctly, the student will lose their hula hoop and will sit off to the side.</p> |

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| <ul style="list-style-type: none"> -The teacher will give each group a hula hoop. -The teacher will walk around to make sure each group is doing the activity correctly. -The teacher will call out right and left. -At the end of the time, the teacher will have students bring in the equipment and line up for the day. | | | |
| <p style="text-align: center;"><u>Closure</u></p> <p>Time Expected: 2 minutes</p> <ul style="list-style-type: none"> -The teacher will have a discussion with the class about the class period. -The teacher will have students say what the class did well together and what they can work on, -Classroom Teacher will pick the class up. | | | |

-Accommodations/ Modifications/ 504/ IEPs/ Asthma papers are placed in a folder on my desk.