

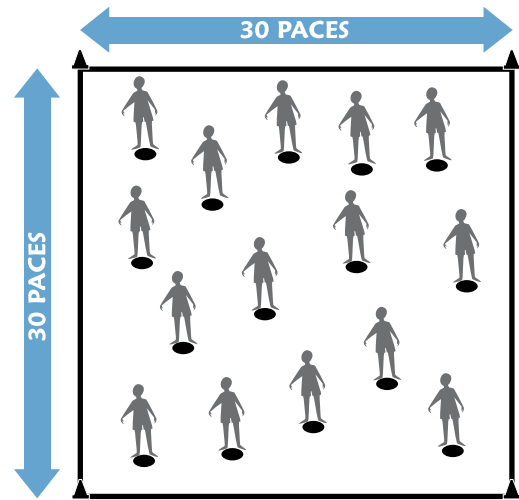


## Ready

- 4 cones (for boundaries)
- 1 spot marker per student
- *Body Positions Skill Cards (SPARK IM Disc)*
- *Locomotor Skill Cards (SPARK IM Disc)*
- Music and player

## Set

- Create large (30X30 paces) activity area on grass or mats.
- Send students to select and place their own spot markers.



## GO!

### 1. Personal Space Review

- You placed your own spot today. What did you do to spread out safely (helicopter)?

### 2. Body Positions

- Today we will learn and practice basic body positions.
- On music start, move in general space using the locomotor skill I call. Avoid spots and others.
- On music stop, move to a spot, and we will learn and practice different body positions.
- *(Use the Body Position Skill Cards to teach T-Stand, Pike, Tuck, Sit, Straddle Sit, Front Support, Side Support, Rear Support, Tuck to Front Support, Front Support to Tuck, Front Support to Straddle Stand, Straddle Stand to Front Support, Front Support to Rear Support.)*
- *(Provide a variety of challenges by combining different Body Positions with locomotor skills.)*

### 3. Wrap It Up

- What body parts did you use to make your base of support in a front support? A straddle?
- What position are you in when you watch TV? Probably not one that is very good for you.
- The R in SPARK stands for “Reduce TV and video time.” Who is careful not to spend too much time just lying around?

## ★ More Positions

(Add more advanced supports — i.e., Tuck to Front and Front to Tuck).

## ★ Memory Game

The object is to remember our body positions in the order we do them. I'll start the music and give you a locomotor skill to do. When the music stops, I'll call a body position. Hold that position until the music begins and I give you a different way to move. When the music stops again, I'll give you a 2<sup>nd</sup> body position; but do the previous move first; then the new one. We'll keep adding on and see how many we remember. It's okay to look around for help, too!



## ACADEMIC

### Science

(Read Bridges: Amazing Structures to Design, Build & Test (Kaleidoscope Kids) by Carol A. Johmann, and discuss the strength and balance of various types of structures.)

## STANDARDS ADDRESSED

### ● NASPE

#1, 2 Spatial awareness, body awareness, balance, nonlocomotor skills, locomotor skills

#3, 4 Cardiovascular

- endurance, flexibility, muscular strength, muscular endurance

#5, 6 Participates, appreciates, enjoys movement, respects others

**Your State** (Write in here)

- \_\_\_\_\_  
\_\_\_\_\_

## PAULA'S POINTERS

- Many stunts begin, end, or pass through a pike position. Have students practice this position while watching demonstrations or listening to instructions.

### Vocabulary

Horizontal, pike, tuck

### NOTES

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