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| **Subject:** | Physical Education |
| **Title:** | Safe Skating |
| **Grade Level:** | 1 |
| **Purpose:** | * Students listen to, and follow, simple directions to move safely and sensitively through a “skating” environment.
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| **Curricular****Connections:** | * Students demonstrate body and space awareness when performing space awareness games
* Students demonstrate an understanding of basic rules and fair play for simple games
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| **Materials:** | * 2 “skates” per student (beanbags, felt, fabric squares, etc.)
* mittens, hats, scarves to make experience more realistic
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| **Activity:** | 1. Explain the concepts and cues for the pathways:
* **straight** (like the letter I)
* **curved** (like the letter “C”; or in a circle like the letter “O”)
* **zigzag** (like the letter “Z”, taking sharp turns)
1. Students move through general space while making different pathways as directed by teacher.
2. Give each student a pair of “skates” to put under their feet to slide on.
3. Students must keep their feet on the “skates” while listening to the “skating instructor” (teacher).
4. Explain to the students that they are on a big frozen lake, surrounded by miles of snowy land and trees.
5. Students imagine that they are skating on the frozen lake, and they must change their pathways as they move so they do not skate or slide into other skaters.
6. They skate around the frozen lake using **straight**, **curved**, and **zigzag** pathways.
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| **Extension:** | Students can follow the instructions (straight, curved, and zigzag lines) during an Art class with pencils and paper to practice lines. |
| **Assessment:** | Students are assessed on their skill at following directions, and their ability to “skate” safely around their classmates. |