

Teaching to the 2 minute Attention Span
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Units that lend themselves to this format:

Body Parts

Stops and Starts

Open space and Self space

Non-locomotor skills

Locomotor skills

Animal walks

Manipulative skills

Movement concepts: directions, levels, pathways

Effort concepts: fast/slow, strong/light/ bound/free

Format:

Move from activity to activity smoothly while continuing to expand on a theme.

Utilize a variety of modalities: auditory, visual, kinesthetic, tactile

Alternate locomotor with non-locomotor

Include challenges with balance: static poses and dynamic balance

Utilize a piece of equipment that they can touch, eg. Hula hoop, bean bag, scarf, ball, etc.

Alternate active with less active (aerobic vs nonaerobic)

Include problem solving/movement education (gymnastics), rhythm activity (include music or song), and game

Vary activity with relationship of self, partner, group

Teach to the cognitive concepts, motor concepts, and social concepts

Use poems or short stories

Think 8 intelligences as you plan

Children Moving: A Reflective Approach to Teaching Physical Education. Graham, George, Shirley Ann Holt/Hale, and Melissa Parker. McGraw-Hill, New York, 2004. Chapter 2 discusses the skill theme approach.

Active Bodies Active Brains. Clancy, Mary Ellen. Human Kinetics, Champaign, IL, 2006.

A Movement Approach to Games for Children. Werner, Peter. The C.V. Mosby Co., St. Louis, 1979.

Bibliography of music in presentation:

Available from KIMBO educational

www.kimboed.com

Sally the Swinging Snake

Walter the Waltzing Worm

Getting to Know myself

Here we go Loopty Loo

Kids in Motion

Rock 'n' Roll Songs that Teach

Physical Ed

Shake, Rattle and Rock

Old LP records:

Singing Games (Album 1,2,3) by Bowmar records, Inc.

Motor Fitness Rhythm Games by Jack Capon and Rosemary Hallum, Educational Activities, Inc.

Mainstreaming Children's Games by Georgiana Liccione Stewart, Kimbo Educational

New England Dancing Masters Productions, 41 West Street, Brattleboro, VT 05301

www.dancingmasters.com

email: sales@dancingmasters.com

Jump Jim Joe: Great Singing Games for Children

Down in the Valley: More Great Singing games for Children

Chimes of Dunkirk: Great Dances for Children

Listen to the Mockingbird: More Great Dances for Children, Schools, & Communities

Movement Education:

Show me how you...

Can you...

How many ways can you....

A sampling of body part actions:

Wiggle fingers, toes, nose, ears

Twist wrist, spine, trunk

Bounce knees and ankles

Stretch arms

Bend at waist, knees

Turn head, nod, shake "no"

Droop your chin

Swing leg, arm

Hang your head

Stick out your tongue

Open/close eyes, mouth

Pictures of body part, stick figure shapes, symbols of body parts

Poem:

Head shoulders knees and toes
Ankles legs heart and nose.
Repeat going faster and faster

Rhythms/dance:

Here we go Loopty Loo (Here we go Loopty Loo)
Head, Shoulders, knees and toes (Here we go Loopty Loo)
Heel toe (Here we go Loopty Loo)
Flick a fly (Walter the Waltzing worm)
Touch (Getting to know myself)
Turn-around (Getting to know myself)
Shake something (Getting to know myself)
Simon Says (Motor Fitness Rhythm Games)
Person to Person (Motor Fitness Rhythm Games)
On the count of five (Sally the Swinging Snake)
The body Part game (Shake, Rattle and Rock)
Barnyard boogie(Shake, Rattle and Rock)
Shadow dancing (Kids in Motion)

Games:

Busy Bees
Simon Says
Gotcha
Walking Partner tag
Bean bag freeze
Bean bag challenges: balancing on body parts, walking and balancing, toss and catch

Poetry by Shel Silverstein in Where the Sidewalk Ends and A Light in the Attic.

Band-aids
Sick
Boa Constrictor
Dancing Pants