

Objectives

- Locomotor movements
- Spatial relationships
- Auditory discrimination

Teaching Tips

- If students do not know an answer, invite them to come to walk across or stay for an activity.
- Emphasize moving slowly through general space to avoid collisions.
- Remind students to use self-control when moving to the center through general space.

SEL Competencies**Self-Awareness**

Personal choice

Self-Management

Self-monitoring

Social Awareness

Differentiation

READY

- 4 cones (for boundaries)
- Spot markers (optional)

SET

- Create an activity area.
- Create boundaries with 4 cones.
- Spread students out around the perimeter between the cones.
- Can use spot markers to identify where students should stand.

TEACH**1. Lesson Objective**

- The object of **Cross the Ocean** is to move across the activity area and to find things you have in common with other students.

2. Instructions

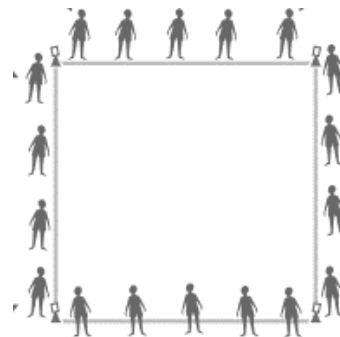
- All of you are dolphins and I am the captain aboard a boat in the ocean and I will start by sharing a fact for all of you.
- If the fact I share is true for you, you will leave your spot and cross the ocean (walking) then stand on a spot marker directly on the other side.
- As you swim (move) across the ocean, notice who else is moving too that shares this fact with you.
- If what I say is not true for you, then you will stay on your spot and do an activity that I give for you to do.
- *(If necessary, demonstrate each of the activities for staying on your spot.)*
- After the dolphins cross the ocean, I will share a new fact with you.

3. Prompts

- Have brown hair
- Have a dog
- Like the color blue
- Have a brother
- Have been on a boat
- Like to eat strawberries
- Watch *(name a tv show)*
- Are wearing white shoes
- Have 2 ears (everyone has to step to the middle!)
- *(Create your own)*

4. Activities for Staying on Your Spot

- Balance on 1 foot
- Arm circles
- Jumping on 2 feet
- Hopping on 1 foot
- Sitting crisscross applesauce
- Shoulder shrugs
- March in place
- Frog jumps
- Cobra stretch
- Stand on tip-toes



Reflection Questions

- What did you learn about someone else in the class?
- What fact would you want to ask the class?
- What was your favorite activity to do on your spot or across the ocean?

Integration

Did you know that dolphins are the 2nd smartest animals after humans? Each dolphin has their own special whistle like we have our own special name, so they are able to identify other dolphins. They also make a clicking noise which bounces off other objects and creatures, so they know how big it is, where and how far away it is, and how fast it is moving. Dolphins have great hearing and are very social and playful.

The Right Fit

Variation- Locomotor Movements

- *(Create a bigger space, if possible, to allow more room for movement.)*
- Instead of walking across we will use different ways to get to the other side.
- Movements
 - Jog
 - Gallop
 - Side-slide
 - Jump
 - Hop
 - Crawl
 - Tip-toe

Teacher Reflection
