

UNIT: ROWDY ROPES

LESSON: 2

OBJECTIVES

Flat rope skills, physical fitness, locomotor skills, listening, jumping over a low rope

EQUIPMENT

1 rope/child, 4 cones

ACTIVITY	ORGANIZATION	TEACHING CUES
Rope Get 'Ems	<p>-INDIVIDUAL DAY-</p> <p>-Ropes scattered throughout play area with ample space.</p> <p>-Help those having difficulty spreading their rope out safely.</p>	<p>-When I stand on one foot, <u>jog</u> slowly to a rope.</p> <p>-Get out your pretend chalk and draw a straight line in the air. Make your rope into a straight line.</p>
Flat Rope Exploration	<p>-Children practice different movement skills with rope.</p> <p>-Cue children to not walk on the handles, falls may occur.</p> <p>-Provide time for practice for each challenge.</p>	<p>Can you:</p> <p>-<u>Walk</u> the rope like a tightrope? Don't walk on the handles!</p> <p>-<u>Jump</u> over and back?</p> <p>-<u>Jog</u> down and back?</p> <p>-<u>Hop</u> back and forth on one foot?</p> <p>-<u>Gallop</u> down and back?</p> <p>-<u>Side-slide</u> down and back?</p>
Rope Wrangling "S"	<p>-Children manipulate rope into the letter "S."</p> <p>▶ Refer to the visual aid cards located in the appendix.</p> <p>-Prompt children to think of words with the beginning /s/ sound.</p>	<p>-Look at my card, it has the letter S on it. Let's do some S activities!</p> <p>Can you:</p> <p>-Air write the letter S?</p> <p>-Make your rope look like an S?</p> <p>-<u>Gallop</u> and touch 3 other S letters?</p> <p>-Make your body look like a snake?</p>
Rope Shapes Circle	<p>-Children manipulate rope into the shape of a circle.</p> <p>▶ Refer to the visual aid cards located in the appendix.</p> <p>-Demonstrate how to do 1/4 jumps while inside the rope circle.</p>	<p>-Make the shape of a circle with your rope. Let's review a few things we did yesterday first.</p> <p>Can you:</p> <p>-<u>Jump</u> in and out of your circle?</p> <p>-<u>Walk</u> at a high level around it?</p> <p>-<u>Hop</u> in and out of your circle?</p> <p>-<u>Jump</u> and face a new direction each time (<i>demonstrate 1/4 turn jumps</i>).</p> <p>-Spin around inside your circle?</p>

UNIT: ROWDY ROPES

LESSON: 2 (Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
<p>Rope Activities</p> <p>Silly Snakes</p>	<p>-Collect all ropes. Children on a line waiting a turn.</p> <p>-Teacher holds one (or two) rope and shakes it on the ground, causing it to move and wiggle. Children leap over the snake(s) and return to the end of the line.</p> <p><u>Variation:</u> Recruit parent(s) or helper(s) to make another silly snake station.</p>	<p>-What's the letter we are practicing today? The letter S. Have you ever seen a silly snake?</p> <p>-First, everyone has to be in a straight line behind me.</p> <p>-I will wiggle a rope on the ground making it look like a silly snake. You get to leap over the silly snake. Don't let it get you!</p> <p>-Once you have jumped over it, go around me to the end of the line and you'll get to do it again.</p>
<p>Station Jump</p>	<p>-Prepare two cones 5-6' apart with one rope suspended (put handles in cone hole to secure) between the two cones.</p> <p>-Children <u>jump</u> over the rope.</p> <p><u>Variation:</u> Set up several jump stations of various heights. Children can choose which station(s) to jump.</p>	<p>-Now it is time for a station jump. I will set up a rope between two cones and you get to jump over it.</p> <p>-When you jump, take off from two feet and land on two feet. Make sure you bend your knees when you land so you don't hurt your body when you land.</p> <p>-If we have time, we can set up a few extra jump stations and you can try different ones. Some might be higher and some might be lower, you can choose anyone you like.</p>
<p>Rope Closure</p>	<p>-Collect ropes and prompt children to think of words that begin with the letter S.</p>	<p>-Let's do a few stretches from today and think of some S words.</p> <p>-Give yourself a snuggly (there's another S word) if you tried your best today.</p>