Lesson Planning - Week 2

LEARNING OBJECTIVES

- practice a variety of agility and dynamic exercises, including animal moves to improve motor control, core strength, and total body coordination
- understand the importance of water in our physical life, and to name a few physical benefits of staying hydrated, and a few negative effects of being dehydrated.
- understand the Urine Chart Poster (on the next page and handed out to your school), and know when it is probably a good time to get an extra drink during the day.
- understand the importance of water in our spiritual life, and to list a few times we use water at Mass, during baptism, and other times in our faith life.

ACTIVITY

Why Agility & Animal Moves?

These exercises integrate total body coordination, core strength, dynamic (moving) balance, motor control, and in the case of animal moves: strength, power, mobility, and flexibility. These moves also assess and improve developmental benchmarks for natural human movement.

For example, your 1st graders may not be able to skip yet, and may still be galloping, but your 3rd graders should be able to skip, otherwise, they may be developmentally behind (potentially physically illiterate) at this stage. These are skills to practice, and are fun to do - these are great for P.E. class, team practice or game warm up.

40 Minute Lesson Plan

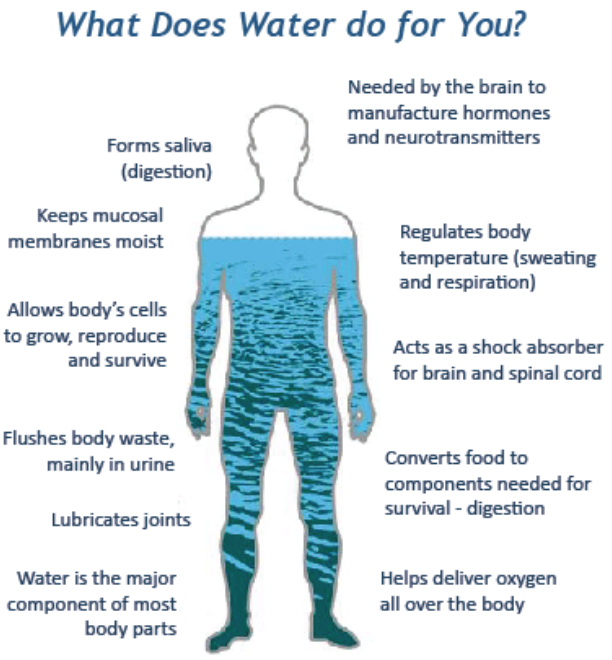
- Warm Up - walk, jog (5 min) - get them moving so they can listen for a few minutes
- Intro Chat - (5 min) *Welcome to Week 2* - Locomotion & Water - review worksheet; Q&A
- Watch both videos (~6 min total) - "practice and master slowly, then increase speed"
- Activity #1 - Agility & Conditioning (5 min) - practice heels, toes, march, skip, side shuffle, grapevine, backwards jog/skip, etc
- Activity #2 Animal Moves, (5 min) practice frogger, bear, monkey, inch worm, etc.
- Activity #3 Agility + Curl Up Relay, (5 min) evenly divided single file lines at one end, first student side shuffles down and back, performs 7 curl ups, tags next in line, until last student.
- Activity #4 Animal Moves Relay, (5 min) evenly divided single file lines at one end, first student animal walks down and back, next student picks a different animal, and repeats, until each student goes down and back, each doing a different animal, until the last student.
- Deep Squat Chat (4 min.) holding their own deep squat, or with assistance doing the partner deep squat stretch, review the water poster (next page), ask the students why water is important, when we use water in our faith life, and how to know when they are thirsty.

EXTRA NOTES & THOUGHTS

Identity Statement - "I am what I drink."

Up to 60% of the human adult body is water. According to H.H. Mitchell, Journal of Biological Chemistry, the brain and heart are composed of 73% water, and the lungs about 83%.

Though if we consume this uber-important nutrient mostly in the form of soda, fruit juice, and lemonade, we add hundreds, if not thousands of calories weekly. Liquid calories are so easy to consume, thus a big reason for becoming overweight.



Principle - Water

Ask students about when they drink water - with breakfast, when brushing teeth, with a meal, only the drinking fountain? Show them your water bottle and share your daily goals (and challenge of getting enough water yourself.) Is your goal to finish 1-2 water bottles by the end of the day? Going to the bathroom is a very healthy thing, more water means this happens more.

When do we use water in Mass or in our faith life? What does water symbolize?



Holy water - blessing ourselves when we arrive to Mass, and at baptism - when beginning our lives as Christians.

Even Jesus was baptized! John refused to baptize Jesus at first, but Jesus said everyone is to be baptized with water. (MT 3:13-17)

Water symbolizes LIFE! Water is necessary for life. No water on Jupiter, therefore no life on Jupiter. We water our plants … moisturize our skin … give water to our pets … what else?