Physical Education Lesson Plan

Lesson: Introduction to GeoFitness (Grades 3 – 5)  (Geo-Patterns, Square Dance, Partner Dancing)

PE SOLs:  1.1e, 1.5b, 2.1c, 3.1c, 3.4c, 4.1b, 4.4a, 5.1c

Objectives: Students will demonstrate cooperation and respect. Students will learn the basic steps needed when using the geofitness mats. Students will be able to make basic shape patterns to music (triangle, square, X). Students will learn the basic cues for square dances (honor your partner, center and back, right arm-turn, left arm-turn, swing your partner, and do-si-do). Students will perform the basic steps introduced to music.

Equipment: CD with appropriate music (GeoFitness music collection)

Warm-up: GeoFitness Partner Math Challenge

Organization: Students will either share a GeoMat or take turns on the GeoMat or a poly spot (located to right of the mat (next to the #6).

Activity: GeoFitness

Getting Ready: Students will need a partner and will go to a GeoMat and have one partner sit on the #4 the other partner will sit on the #6. Once everyone has a mat, the students will take off their shoes and place them on the north side of the mat. The partner on the #4 will then stand on the #5 and the partner on the #6 will stand on the polyspot which is to the east of the mat.

Triangle (or Tri-step) – Starting at 5, students will step to the number 3 with the right foot and 1 with the left foot then back to home (5). After some practice, students will try the pattern to music. Next, students will repeat the pattern starting with the left foot (1, 3, 5, 5).

Square – Staring at 5, students will step to the number 3 with the right foot, 1 with the left foot, 9 with the right foot, 7 with the left foot, then back home (5). After some practice, students will try the pattern to music. Next, students will repeat the pattern starting with the right foot (1, 3, 5, 5).

Wide and Narrow - Staring at 5, students will step to the number 6 with right foot, 4 with left foot, 5 with R foot, 5 with L foot. And reverse the pattern starting with the left foot (6,4,5,5 - 4,6,5,5)

Geo-Square Dancing: Students will now learn some of the concept of square dancing. The instructor will provide some background information about square dancing (see below).

1. Square dance is a social dance
2. Popularized during the colonies
3. Groups would meet in a barn and dance

Basic Moves (Review): The students will stand on either side of their GeoMat (partner A next to the 4, partner B next to the 6) facing each other. The teacher will have the students practice the “calls” below.

Honor Your Partner – Students will step on to their number (4 or 6) and bow or curtsy to their partner.

Center and Back – Students step toward on another and shake hands or high 5

Right-Arm-Turn – Students will meet in the middle hook right elbows and turn one time.

Left-Arm-Turn – Students will meet in the middle hook left elbows and turn one time.

Sweep Your Partner – Students meet in the middle, join hands or places knuckles together (over the #5) and turn together on full turn.

Do-Si-Do – Students walk forward, take a step to the left (partner A to the 1, partner B to the 9) and pass their right shoulders with their partner. Once past their partner (PA to the 3, PB to the 7), they will take a step to the right (PA to the 9, PB to the 1) then walk backward to their line.

The instructor will allow the students ample time to review the steps then practice the moves with some music (Cotton-Eye Joe or other).

Culminating Activity: If time permits, the instructor will have the students try some of the basic moves need to complete a simple partner dance. Then try the moves to the “Cupid Shuffle”.

Triangle Corner – Partner A stands on 3 and partner B stands on 7 to start. Right foot starts the triangle for the first 2 sets (PA - R2, L6, R3, L3, repeat / PB - R8, L4, R7, L7, repeat). Next set starts with the left foot starting the triangle step for the next two sets (PA - L6, R2, L3, R3 , repeat / PB - L4, R8, L7, R7, repeat). Next the partners will kick 4 times toward the #5 starting with the right foot. Final part is the “switch” – PA turns 90 degrees, and steps R9, then turns and steps L7 (they are now in partner B’s starting place) / PA turns 90 degrees, and steps L9, then turns and steps L3 (they are now in partner B’s starting place).

GeoFitness Lesson Plan - Day 1 (3-5 grade)  Created on 7/24/2008 7:43 AM