Introduction Narrative

Today you are going to travel using different locomotor skills like walk, run, hop, skip, slide, and gallop. You will be performing these movements at high, medium, and low levels. You will perform the movements to different beats known as three-quarter time and four-quarter time. You will be traveling through the general space so be sure to keep your heads up and avoid bumping into others. Later we will play a game called “Follow You, Follow Me” where you will take turns deciding how to travel while performing different locomotor movements.

Activity Instructions

Warm-Up (4 min)

Locomotor Traveling

- Students stand within coned area; teacher leads various locomotor movements in place at various levels (low, medium, high).
- Review all locomotor movements: walk, run, hop, jump, slide, gallop, leap, and skip.
- Students practice each movement.
- On teacher’s command, students travel through general space performing favorite locomotor movements.

Travel to the Beat

- Demonstrate 4/4 (four-quarter) and 3/4 (three-quarter) time using a drum or hand clap.
  - Four-quarter time is the most common time used in modern music and is characterized by four equal quarter beats (1, 2, 3, 4).
  - Three-quarter time is used in waltzes and some country/western music and characterized by beat (1, 2, 3; 1, 2, 3).
- Students line up side-by-side at one end of coned area.
- On teacher’s command, students travel from one end of coned area to the other performing locomotor skills indicated by teacher.
- Use drum to indicate the beat for movement (4/4 or 3/4).
- Progress from slower/simpler movements to faster/more difficult movements.
- Vary tempos (slow, medium, fast) and levels (low, medium, high).
- Add directional changes using two claps as an audible cue.
  - While students are traveling, clap twice. Students make a one-half turn (180 degrees), and continue traveling using same locomotor skill.
- Use all locomotor movements and remind students to avoid bumping into others.
- Vary tempos (slow, medium, fast) and levels (low, medium, high).
Challenge Instructions

Follow You, Follow Me
- Each number on die corresponds with a different locomotor activity.
- Roll die. Perform appropriate movement while traveling through general space.
  1. Walk
  2. Run
  3. Hop
  4. Jump
  5. Slide
  6. Gallop
- On first roll, students decide individually how to travel (forward, backward, right, left) while performing skill.
- On second roll, teacher decides how students travel while performing skill.
- Be sure that students are able to perform all locomotor skills properly while changing directions and without bumping into others.

Cool-Down (4 min)

Progressions & Variations
- If students are having difficulty with a particular locomotor skill, provide verbal and visual cues. Practice until all students can perform the movement successfully.

Words of Wisdom
Respect (Golden Rule): Treat others like you want to be treated yourself.