

| LEVEL        | UNIT   | LESSON Number 4 | EQUIPMENT  |
|--------------|--------|-----------------|--|
| Kindergarten | Soccer | Bean Bags       | Bean Bags, Hoops, Music, Stereo, and cones for boundaries. |

#### Objectives

1. Work Cooperatively with students in the class, helping to keep everyone moving during the first game.
2. Have fun.
3. Explore different activities with the beanbag. Working safely in own space as well as general space.
4. Listen to the music as it explains the activities to do.

| Activity                            | Time<br>(Minutes) | Procedure   | Comments/Set- up/<br>Diagram |
|-------------------------------------|-------------------|---|------------------------------|
| Part 1<br>Cooperation               | 5                 | Play Frozen Bean Bag.   |                              |
| Part 2                              | 15                | <ol style="list-style-type: none"> <li>1. On how many different parts of your body can you place your Beanbag? (Head, forehead, nose, shoulder, hand, fingers, el- bow, tummy, back, knee, foot)</li> <li>2. Stand with Beanie on your head. Can you kneel down without having Beanbag falloff? Can you sit? Now squat; then try to stand up without touching your Beanbag with your hands. Who can turn around in your home without the Beanbag falling off your head?</li> <li>3. Let me see you take Beanbag for a little walk on your arm; on your shoulder; on your head; on the back of your hand. In what other ways can you give Beanie a ride? (Move in different directions and levels.)</li> <li>4. Put the Beanbag on the floor in a free space. Check your space: stand in front of it; stand beside it; stand behind it. Now let me see you jump forward over Beanbag; jump backwards over Beanbag; jump side- ways over Beanbag. Hop on one foot around your Beanie. Find another way to move around your Beanbag.</li> <li>5. Build a bridge using four body parts over your Beanbag. Make a different bridge using four body parts. Make a three-point bridge over Beanbag. Who can touch your belly button on Beanbag?</li> <li>6. <i>Statue:</i> When you hear the music, skip (walk backwards, run, gallop, side-step, crab-walk) around the Beanbags scattered on the floor. When the music stops, stop next to a Beanbag and make a statue. Remember to watch where you are going!</li> </ol> |                              |
| Practice Bean Bag Skills with Music | 10                | Listen to the next song. What is it telling us to do? Let's try it. Follow the directions from the tape.  |                              |