

## **Sample Lesson**

Class stretches as a group, lead by instructor. We often use games to pick stretches, such as Follow The Leader, Pick-A-Door, or Simon Says.

Go over rules for game (i.e. Line Tag). Line Tag is a standard game for this age group. Students walk along the lines of the gym floor. Two or more students are designated as “taggers” and are given a soft item to tag classmates with. A tagged student must sit on the floor where tagged. They are now a road block to other students.

Play game and make adjustments. As the students progress in learning, game options are added. For example with Line Tag has more rule options. Students who are road blocks can be touched on the head by the “non-taggers” and re-enter the game. The instructor can call out different locomotion skills (skip, hop, walk backwards) for the students to follow. For more advanced play, several “taggers” can be chosen and given different colored items. Each item can make the “tagged” person move in a different way. Using this approach allows the instructor to adapt the game to the skill level of the students. Students will continue to have fun while be challenged at the top of their ability level.