

Grade 3 Instructional Sequence Cooperative Games

Block Plan:	Day 1	Day 2
Week 1	<p>Skill(s): moving objects over, under, in front, behind of body & skipping Concept(s): being low, high, wide, narrow, twisted, symmetrical, & non-symmetrical Activities: <i>warm-up:</i> heel walking, toe walking, through a hoop, jump over a hoop, hop into a hoop, hop out of a hoop, carry a hoop in front, carry a hoop above <i>lead-up:</i> circle the circle (1-2 hoops) <i>Drill:</i> skipping two feet (T.A. form) <i>Cooldown:</i> static stretch & review</p>	<p>Skill(s): moving objects over, under, in front, behind of body & skipping Concept(s): being low, high, wide, narrow, twisted, symmetrical, & non-symmetrical AND sustained, fast, slow movement Activities: <i>warm-up:</i> body English “hello” & “feels good” <i>Lead-up:</i> skipping dominant foot (T.A form) Game: Hoop Relay (1-2 hoops) <i>Cooldown:</i> static stretch & review</p>
Week 2	<p>Skill(s): squatting, balance Concept(s): being low, high, wide, narrow, twisted, symmetrical, & non-symmetrical, AND cooperation/compassion Activities: Circle the Circle 2-3 hoops) <i>Drill:</i> Squatting (T.A. form) Game: Slo-Mo <i>Cooldown:</i> static stretch & review</p>	<p>Skill(s): moving one’s body over, under, in front, behind objects & skipping Concept(s): teamwork Activities: <i>Warm-up:</i> obstacle course (tunnels, steps, jumps, carries...etc) <i>Lead-up:</i> Hoop Relay (1-2 hoops) <i>Drill:</i> skipping non-dominant foot (T.A form) <i>Cooldown:</i> static stretch & review</p>
Week 3	<p>Skill(s): single-foot skipping & rhythm Concept(s): cooperation, straight, forward, zig-zag, curved Activities: <i>Warm-up:</i> Hula-spinning (T.A form) <i>Lead-up:</i> skipping dominant foot & non-dominant foot (T.A form) Game: Double- <i>Cooldown:</i> static stretch & review</p>	<p>Skill(s): rhythm & side galloping Concept(s): cooperation Activities: circle-the circle, <i>Drill:</i> skipping two-feet & side-to-side (T.A.form) dominant foot, non-dominant foot, hoop relay slo-mo, double dutch <i>Cooldown:</i> static stretch & review</p>

