

Mini-lesson: Locomotor/Non-Locomotor Skills

1.) Grade level/Audience: Kindergarten

2.) Curriculum topic: PEL.1.K.5 Perform locomotor movements:

- crawl
- walk
- jump
- hop
- gallop
- skip
- slide
- leap
- jog
- run

PEL.1.K.6: Perform the following non-locomotor movements:

- balance
- bend
- stretch
- turn
- twist
- shake
- cross-lateral

(crossing the mid-line of the body)

- push

- pull
- sway

3.) Tools: Clips and Wordle

4.) Synopsis of what I'm doing and how I am using the tools. How are the students doing it? Individually, whole class, group of 3 etc.: In this lesson the students should already know what locomotor and non-locomotor skills are and how to perform them. When we start the lesson students will be in a group of 5. Each group member will have a roll. One member will be the video recorder, one will be the one who types, and the other three will be the people in the video. The lesson will start off with me asking the students to create two separate wordels. One for locomotor skills and one for non-locomotor skills. Once the group is finished they will move on to clips where the students will be videoed doing each locomotor move to demonstrate for the class how they should look. At the end of the activity all the groups will return to their seats and as a class we will watch each groups video. They will be allowed to personalize their video with music, sound effects, etc.