**Name/Title: Grouchy Ladybug Movement Exploration**

**Purpose of Event:** To have students practice moving safely while exploring new movements, which they will be able to identify as movements they enjoy, movements for fitness or cooperative movements. An addition purpose is to have students make a connection with the classroom by incorporating literature and telling time into physical education.

**Prerequisites:** Students should have been read the story "The Grouchy Ladybug" by Eric Carle in PE or by their classroom teacher.

**Suggested Grade Level:** K-2

**Materials Needed:**
Video and music from the video below.
Hula Hoops marked with numbers to resemble a clock face. There should be enough hoops for every student plus a few extra.

## Description of Idea

**Note**: Make sure to watch the video located below as it shows the full lesson.

**What?/Why?/How statements** (these can be posted so students can see in the activity area)

*What will I learn or practice?:* I will move safely in a variety of ways, while I explore new movement, help my body get fit and help others be successful.

*Why do I want to learn this?*: When I try new movements I build confidence so I will want to move and be healthy.

*How will I know I learned this?* I tried all the movements while moving safely and I can name two movements that helped me get fit and two movements where I helped others be successful.

*Classroom connection*: Telling time

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Students are shown a different movement for each creature character in the story "The Grouchy Ladybug". Students are shown how to position their body in the clock to show different times.

**Movements to teach the kids**

Ladybug-Move to clock and make the correct time start at 6:00.

Yellow Jacket-Move like a bee, arms as wings, back stinger into as many flowers (hoops) as possible. (Fitness strength-do more of a squat)

Beetle-Twist different body parts, work on balance and opposition and levels

Praying Mantis-Move on heals, toes up with hands in praying.position. Change directions. (Fitness-flexibility)

Sparrow-Chicken dance, work on the difference between gallop and slide.

Lobster-Crab walk, lift one arm or leg at a time, work on opposition and arm strength. (Fitness-strength)

Skunk-Work on tempo change using pattern slow-slow-quick-quick-quick

Snake-Slither on floor and work on arm strength.(Fitness-strenghth)

Hyena-Cooperative: Partner right hand turn with jazz hand, switch partners often.

Gorilla-Creative movement, move through a field, climb a mountain (mountain climbers), climb a tree (yoga tree pose), peel and eat a banana. Repeat as time allows.

Rhinoceros-Place hand on head for horn, hop with the opposite foot then switch foot and hand every 4 counts (Locomotor hop and oppostition)

Elephant-Cooperative: Move slowly with one hand under leg and the other forward to connect with a partner. Connect to other classmates trying to make a whole class elephant train.

Whale-Move changing levels from high to low.

Clock change 2001-Move to the quarter hour

Friendly Ladybug-Cooperative:Meet and greet other ladybugs with a gentle hand shake.

**Video**

## Variations:

Clock hoops can be used for math activities:

Play music and call out a movement. Stop music and call out a math problem such as 2 + 4. Students must go to a hoop and touch the 2, 4 and 6.

## Assessment Ideas:

Ask students at end of lesson these questions or you can put this into a paper and pencil style assessment for them to fill out as they are leaving the activity area:

1. What creature character helped you get stronger and fit?

2. What creature character needed cooperation?
3. What new movement did you like the best? Why?

## Adaptations for Students with Disabilities:

Adapt movements as needed.

Assign a hoop to the student so they don't have to travel as far.

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Submitted by **Sandy Hagenbach** who teaches at Heritage Elementary in De Pere, WI. Thanks for contributing to PE Central! **Posted on PEC: 9/5/2018**.

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