Name/Title: Rockin' Robin

Purpose of Event: To review and assess students' weight transfer skills. Can also be used as a warm-up during a tumbling unit.

Suggested Grade Level: 3-5

Materials Needed: Tumbling mats; laminated pictures of previously taught tumbling skills (see notes below); the song "Rockin' Robin" from the Old Navy CD "Cool Kids & Groovy Grown-Ups"

Description of Idea

Space the mats within the boundaries (for example, the basketball boundary lines) set for physical activity, with enough space between them for safe movement. At one end of each mat place a laminated picture of different skills students have previously been taught. Examples include skills such as the **forward rocker, bunny jump, frog jump, forward roll, egg roll, log roll, pencil roll, backward roll, mule kick, and backward rocker**.

Explain to the class that when the music plays they are to **travel through general space** all around the boundaried area (without touching the mats) by skipping (galloping, etc.). When the music stops they are to get into groups of no more than 3 behind each mat. Then they are to **read the card** and perform the skill one person at a time on the mat. Allow enough time for the students to do each skill once or twice before starting the music again. Also, encourage students to go to a different mat each time as well as being a new group each time. While students are performing skills at the different mats, observe to see that they are performing the skills correctly and safely.

Teaching Suggestions:

This is a good activity during which to assess students' abilities to correctly perform specific skills. Observe one mat at a time, using our cue checklist to note whether students have mastered that particular skill or not.

See resources such as "Children Moving" (Graham, Holt/Hale, and Parker, 1997, Mayfield Pub. Co.) and "Teaching Children Gymnastics: Becoming a Master Teacher" (Werner, P., 1994, Human Kinetics) for descriptions of skills such as those listed above.

Submitted by **Sharon Welch** who teaches at Potowmack Elementary School in Sterling, VA. Thanks for contributing to PE Central! **Posted on PEC: 10/2/2001**.

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