**Nursery Rhyme Olympics**

**Teachers:** Maria Shea and Paige Becker

**Grade Level:** Kindergarten

**Subject Area:** Physical Education and English Language Arts

**Materials Needed:** Ten bases (two of five different colors), five shark skin balls, twenty traffic cones, roughly twenty whiffle balls, five garbage buckets, five bean bags, five ping pong balls, five soup spoons

**Standards**

* **PE Standard 1**: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
* E4.K- Jumping and landing
* E7.K- Balance
* E13.K- Underhand throwing
* **ELA Standard:** RL.5.K-Recognize common types of texts (e.g., storybooks, poems).

**Objectives**

* Students will participate in each obstacle and follow directions.
* Students will demonstrate fine motor skills such as jumping over cones, performing an underhand throw, and balancing objects.

**Learning Activities**

1. Warm up- Run to music- boys on the black line and girls on the interlines (one song).
2. 5 base ones will be lined up at the end of the court (each a different color).
3. 5 base twos will be lined up parallel to base ones at half court.
4. Students will be split into 5 groups based on random assignment.
5. The students will stand in a line in front of their assigned base one.
6. Instructions for each obstacle:
   1. Introduce a Nursery Rhyme to the class.
   2. Orally recite the Nursery Rhyme together as a class.
   3. Both teachers will explain and visually demonstrate how to complete the *Nursery Rhyme obstacle* in front of the class.
   4. When a student accomplishes the designated obstacle, he or she is expected to return to base one and sit down behind the line of their team to show that they are finished.
   5. The first group to have all students sitting behind base one wins the round.
7. ***Mother Goose Waddle:*** Students will hold a ball between their knees, waddle like a goose to base two, and waddle back again passing the ball to the next player.
8. ***Jack be Nimble:*** Have 3 to 4 candlesticks (cones) lined up between bases. Students will jump over each cone to base two, and back again.
9. ***Jack and Jill:*** Each student will have a whiffle ball, run to the base 2, underhand toss the whiffle ball into their water pale (garbage bucket), and run back again.
10. ***Humpty Dumpty:***The students will balance a bean bag on their head, walk to base two, and back again passing the bean bag to the next player. If a student drops a beanbag, they will be asked to start again from base one.
11. ***Hey Diddle Diddle:*** The students will balance a ping pong ball on a soup spoon, walk to base two, and back again passing the spoon and ping pong ball to the next player.

Extension: Once the students have completed all the tasks, have students stand on the black line in the front of the gym. We will sing-aloud the song “Hump De Dump” (fun song with actions reviewing each Nursery Rhyme introduced during the lesson).

**Assessment**

We will informally assess students by observing their actions and how well they follow directions.

**Reflection**

I thought the lesson went well. Maria taught first and that was a learning experience for both of us. The first activity (the mother goose waddle) was a lot harder than either of us anticipated and we actually put it in our lesson because we thought it would be an easy way to start off the lesson. Accommodations were needed. I think the activity was grade level appropriate, but because it was also time consuming. Our peers mentioned that we could have had the students help put materials away. We never thought of that, but after some discussion, we both agreed that it would be a good idea and plan to try this in our next lesson. After teaching this lesson, I learned that flexibility is important and that it is okay to change things up as needed. I had a lot of fun and look forward to teaching again.