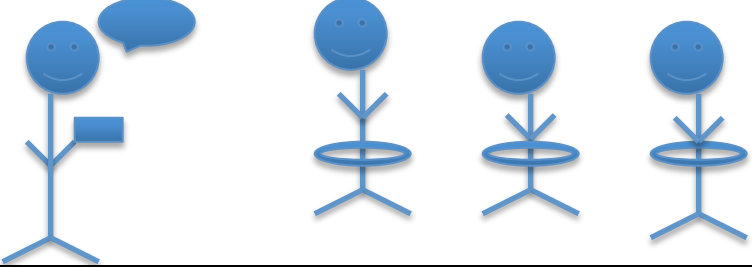


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PED 266-02
Integrated Content Activity
December 11, 2013

**PED 266: Move-Dance-Learn! PE and Dance for Elementary Educators
Integrated Content Activity**

Narrative Description: Hoop Trip To The Planets is an activity aimed to have students practice their locomotor skills while reinforcing facts about each planet they visit.	
Title	Hoop Trip To The Planets
Source	PE Central
Grade Level	1-2
Number of Students	15-20
Equipment & Resources Needed	One hula hoop for each child, children’s books about planets and/or facts about planets from legitimate sources, music device/speakers, and song(s) from “The Planets” by Gustav Holst
GLCE &/or Common Core Standard(s)	S.IA.01.12 Share ideas about science through purposeful conversation. E.ES.01.11 Identify the sun as the most important source of heat which warms the land, air, and water of the Earth. S.RS.02.15 Use evidence when communicating scientific ideas.
NASPE Standard(s)	Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others
Safety Issues	Make sure students have enough space to perform the required locomotor skills. Also, make sure students have enough personal space throughout the activity.
Adaptations	Students who cannot do a certain locomotor pattern can repeat a successful one. In addition, physically disabled students can move in any way that accomplishes motion. Students can also leave the hoops on the floor after blast off to make executing the locomotor pattern easier.
Extensions	Students could look up a fact about a planet previous to doing the activity and then say it when called on during the activity. Also, the teacher could talk about more than five planets.

<p>Organization/Diagram</p>	
<p>Rules/Explanation</p>	<ul style="list-style-type: none"> • Have students spread out in designated area and stand in their own hoop, holding it at medium level • The teacher will explain that students are going to take a spaceship trip to the planets • Students will move their body and hoop to low level for “blast off” • As a class, count backward from five to zero and then “blast off” • The teacher will state which specific locomotor pattern (walk, run, skip, hop, gallop, leap, etc.) • The child will execute the pattern while flying his/her craft in outer space (designated area) • Students will land by placing hoop and body on the floor once the music is paused • The teacher will decide on a planet that they have landed on • The teacher will use books and/or facts to tell them two or three items about that planet • After finishing a planet, students will “blast off” again • The teacher will change the locomotor pattern for students after each planet • The students will land and talk about another planet • After visiting four or five planets, the students will fly back to Earth • Have students discuss how Earth is different than the other planets they visited • The teacher will observe and record those students who cannot perform locomotor patterns • At the end of the activity, the teacher will ask those students to recall facts about a visited planet <p>* If unable to perform in gym or outdoors and need to adapt to a classroom, have students perform various locomotor patterns around the classroom without using hula hoops</p>