

Unit 3: Movement Exploration

Week 1 – Lesson 1: In, Out, On

Ophea Resources:

- [Inquiry-Based Learning in Health and Physical Education Resource Guide](#)
- [Learn to Move: Fundamental Movement Skills Activity Cards & Posters](#)

Safety Requirements:

[View Ophea Open Class: Let's Get Started! video](#)

- Space
- Surface
- Obstacles

Learning Goal:

We are learning how to move safely in a variety of ways while using different speeds, pathways, directions, and levels.

Look Fors/Success Criteria:

- I can adapt how I move in relation to the objects/materials used on the pathway.
- I can control my body parts (e.g., head, shoulders, arms, eyes) in relation to the locomotor movements.
- I can use my thinking skills to adjust how I move in a variety of ways.

Equipment:

- Find objects around your home, searching for materials to create a shape that you find interesting for your playing area.
- Find items in the natural space outdoors to create a shape for your playing area.
- How about using tape on the floor to create a large circle, triangle or a square as your playing area.

Equipment Ideas:

- Tape
- Sticks
- Hula hoop
- Pillows
- Rope, skipping rope
- Long socks

How To Play:

- Using the materials you find, create an interesting shape for your playing area.
- Use any of the following locomotion movements (e.g., walk, run, jump, skip, gallop, hop, skip, shuffle, crawl) to demonstrate the following three words: In/Out/On.
- For example:
 - Using pillows creates a shape. Perform a fitness activity 5 times (e.g., jumping jacks, knee lifts) in the shape, jump in/out of the shape 5 times, walk on the outline of the shape while balancing on the pillows.
 - Set up the jumpsies rope using the front 2 legs of 2 chairs to create an elevated rectangle w/ the rope. Learner jumps in/out/on the rectangular shape.
 - Using tape on the floor create a shape. With an object throw and catch in the shape. With the object balance it on your head and tip toe slowly outside of the shape. With your foot move the object on the outline of the shape.
 - Using sidewalk chalk/tape, draw a shape of a tree. Perform a tree pose in the shape. Fly like a bird on the outside of the tree. Demonstrate a slow and fast pace while moving on the outline of the tree.

Extensions:

- Can you think of 3 other words to make this game more interesting? (e.g., under, over, through)
- What materials/equipment can you find that will help incorporate moving from different levels, speeds, and pathways safely?
- How can using a dice make this locomotion game more fun?

Modifications:

- For learners who have mobility challenges, teach them the simple skill of 'stop and go'. Try using visuals to pair the word with the commands.
- For learners who have a challenging time understanding the concept of the game, teach the learner the terms in/out/on but using an object and a box to pair the instructions with the terms.

Guiding Questions:

[\(Adapted from Ophea's Inquiry-Based Learning in Health and Physical Education Resource Guide\)](#)

1. We learned a variety of ways to move in today's lesson. What made the game enjoyable for you?
2. Can you describe some games, activities and/or sports that require you to perform a variety of locomotion skills?
3. Describe an area in, out, or on the shape that you were determined to travel in a certain way (speed, direction, level). How would you change the way you move the next time you play this game?