Physical Education Lesson Plan

Lesson: Introduction to GeoFitness (Day 2)
(Geo-Patterns, Square Dance, Dalmatian Disco, and the Shake Song)

PE SOLs: 1.1e, 2.1c

Objectives: Students will demonstrate cooperation and respect. Students will learn the basic steps needed when using the geofitness mats. Students will be able to make basic shape patterns to music (triangle, square, X). Students will learn the basic cues for square dances (honor you partner, center and back, right arm-turn, left arm-turn, swing your partner, and do-si-do). Students will perform the basic steps introduced to music.

Equipment: CD with appropriate music (Dalmatian Disco, Shake Song)

Warm-up: GeoFitness Spelling Challenge

Organization: Students will either share a GeoMat or take turns on the GeoMat or a poly spot (located to right of the mat (next to the #6).

Activity: GeoFitness
Introduction: Students will need a partner and will share a GeoMat and a poly spot for this activity. Once at a GeoMat, students will practice moving around on a GeoMat. They will be able to name some of the characteristics of the mat (numbers, compass, letters, colors, etc). They will be able to move to number locations on the mat when cued.
Geo-Shapes (review): Students will learn and understand the basic shape patterns that can be used when moving to music on the GeoMat.
Triangle (or Tri-step) – Starting at 5, students will step to the number 3 with the right foot and 1 with the left foot then back to home (5). After some practice, students will try the pattern to music. Next, students will repeat the pattern starting with the left foot (1, 3, 5, 5).
Square – Staring at 5, students will step to the number 3 with the right foot, 1 with the left foot, 9 with the right foot, 7 with the left foot, then back home (5). After some practice, students will try the pattern to music. Next, students will repeat the pattern starting with the left foot (1, 3, 7, 9, 5, 5).
X - Staring at 5, students will step to the number 3 with the right foot, 1 with the left foot, 5 with the right foot, 5 with the left foot, 9 with the right foot, 7 with the left foot, and then back home (5). After some practice, students will try the pattern to music. Next, students will repeat the pattern starting with the left foot (1, 3, 5, 5, 9, 7, 5, 5).
Geo-Square Dancing (introduce to 1st Grade, review with 2nd Grade): Students will now learn some of the concept of square dancing. The instructor will provide some background information about square dancing (see below).

1. Square dance is a social dance
2. Popularized during the colonies
3. Groups would meet in a barn and dance

Basic Moves:
The students will stand on either side of their GeoMat (partner A next to the 4, partner B next to the 6) facing each other. The teacher will have the students practice the "calls" below.
Honor Your Partner – Students will step on to their number (4 or 6) and bow or curtsy to their partner.
Center and Back – Students step toward on another and shake hands or high 5
Right-Arm-Turn – Students will meet in the middle hook right elbows and turn one time.
Left-Arm-Turn – Students will meet in the middle hook left elbows and turn one time.
Swing Your Partner – Students meet in the middle, join hands or places knuckles together (over the #5) and turn together on full turn.
Do-Si-Do – Students walk forward, take a step to the left (partner A to the 1, partner B to the 9) and pass their right shoulders with their partner. Once past their partner (PA to the 3, PB to the 7), they will take a step to the right (PA to the 9, PB to the 1) then walk backward to their line.

The instructor will allow the students ample time to review the steps then practice the moves with some music (Cotton-Eye Joe or other).
Culminating Activity: If time permits, the instructor will have the students perform one or two dances using music from "Captain Music".
The Shake Song – CUES – Shake pretend maracas to the beat. Shake it up (jump to 3R & 1L and shake hands high), shake it down (jump to 9R & 7L and shake hands low) during the chorus. Follow the rest of the cues in the music.