



EXERCISE BALL MODULE OVERVIEW

ABOUT THIS MODULE

The Rhythm Fit modules will be an on-going series of routines set to music using a variety of equipment. These activities provide an opportunity for teachers to integrate rhythmic movement in a fun and engaging way. Students will be asked to use social and emotional strategies to create a positive learning environment. In order to help your students' progress through this module, keep the environment fun while also maintaining high expectations for learning.

As physical educators, one of our objectives is to encourage students to use physical activities as vehicles for self-expression. Learning how to move to a rhythmic beat is ultimately a journey of self-expression. Perfecting every step is not what is important. Personal enjoyment, social engagement, and having an appreciation for all movement forms will teach and reinforce skills and concepts while keeping the magic of movement alive.

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PRIORITY OUTCOMES

Movement Concepts:

- Safely moves demonstrating a variety of relationships with people and objects.

Non-Locomotor Skills:

- Combines actions and traveling with movement concepts to create movement sequences.

Personal Enjoyment:

- Explains the relationship between self-expression and lifelong enjoyment of physical activity.
- Describes how moving competently creates enjoyment and self-expression.
- Describes positive feelings that result from physical activity participation.

Personal Responsibility & Safety:

- Follows directions for safe participation and proper use of equipment without reminders.

Social Interaction:

- Describes the social benefits gained from participating in physical activity.

Personal Challenge:

- Recognizes that challenges can lead to success.
- Discusses the challenge that comes from learning new physical activities.
- Participates in physical activities that bring confidence and challenge.



SUGGESTED BLOCK PLAN RHYTHM FIT: EXERCISE BALL ROUTINES

Lesson #	Activities	Suggested Academic Language
1	<p>First Things First (Instant Activity)</p> <p>NYC Roll Call (Rhythm Fit)</p>	Rhythm, Tempo, Sequence, Courage, Enthusiasm
2	<p>Pass the Pose (Instant Activity)</p> <p>Island Hopping (Rhythm Fit)</p>	Kindness, Respect, Beat, Choreography, Mindfulness
3	<p>Balance Tag (Instant Activity)</p> <p>Ride Out (Rhythm Fit)</p>	Empathy, Optimism, Movement, Actively Engage
4	<p>Say Cheese Tag (Instant Activity)</p> <p>Keep Climbin' (Rhythm Fit)</p>	Engage, Unique, Combination, Enjoyment
5	<p>R, P, S Victory Lap (Instant Activity)</p> <p>Bounce (Rhythm Fit)</p>	Grit, Growth Mindset, Pattern, Practice