**LUMMI STICK**

**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**

**Etiquette:**

* Identifies the rules and etiquette for physical activities/games and dance activities.

**Non-Locomotor Skills:**

* Refines non-locomotor skills specific to improve performance in dance, fitness, and sport activities.

**Personal Challenge:**

* Discusses the challenge that comes from learning new physical activities.

**Personal Enjoyment:**

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

**Personal Responsibility & Safety:**

* Follows directions for safe participation and proper use of equipment without reminders.
* Works independently and safely in physical activity settings.
* Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher).
* Works independently and safely in physical education.

**Social Interaction:**

* Describes the positive social interactions that come when engaged with others in physical activity.
* Describes the social benefits gained from participating in physical activity.

**Working with Others**:

* Accepts responsibility for class protocols with personal and cooperative behavior as well as performance actions.

**SUGGESTED BLOCK PLAN**

**RHYTHM FIT: LUMMI STICK ROUTINES**

|  |  |  |
| --- | --- | --- |
| **Lesson #** | **Activities** | **Suggested Academic Language** |
| 1 | **Catch Me If You Can**  (Instant Activity)  **Hip Hop Feet**  (Rhythm Fit) | Rhythm, Click, Beat,  Engagement, Motivation |
| 2 | **Roll and Go**  (Instant Activity)  **Coastin’**  (Rhythm Fit) | Responsible, Example,  Tempo, Choreography |
| 3 | **Super Chicken**  (Instant Activity)  **Jump-N-Kick**  (Rhythm Fit) | Leader, Potential,  Movement, Actively Engage |
| 4 | **Fitness Uno**  (Instant Activity)  **Run It Back**  (Rhythm Fit) | Powerful, Share,  Combination, Enjoyment |
| 5 | **Tug Boat Tag**  (Instant Activity)  **Cross & Dip**  (Rhythm Fit) | Support, Safety,  Pattern, Practice |