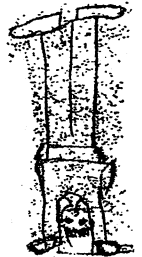


Thematic Teaching Techniques Integrated through Educational Games, Gymnastics, and Dance

April Johnson-Robbins
Dayton Public Schools Kemp Elementary Dayton, Ohio

AprJohns@dps.k12.oh.us

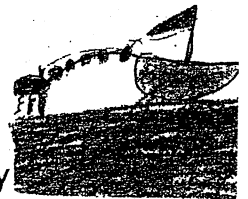
Integration teaching techniques help to better utilize the instructional process by taking a more in depth look into all subjects by making cross curricular connections to make learning more meaningful for the students. Linking the subjects together by a common theme makes the learning process holistic in nature and the students, the regular classroom teacher, and the physical education specialist will share goals in the educational process. Integrated instruction also allows for authentic assessment. (Barton & Smith, 2000) Another benefit of interdisciplinary teaching is that students have a chance to work with multiple sources of information, thus ensuring they are receiving a more inclusive perspective than they would from consulting one textbook. (Wood, 1997)



The most common method of implementing integrated, interdisciplinary instruction is the thematic unit, in which a common theme is studied in more than one content area. (Barton & Smith, 2000) There are over hundreds of thematic theme units integrated through the academics and movement activities from A to Z. Most of the academic subject areas of language arts, math, science, and social studies have curriculum themes. Themes for study can include: Africa, animals, butterflies, bugs, careers, community, dinosaurs, earth, family, friendship, games, geography, kites, mammals, ocean, planets, sports, trees, and the zoo just to mention a few.



Student journaling, simple worksheets, children's literature, poetry, word walls, graphs, charts, classification, geometry, addition, subtraction, multiplication, science facts, and other concepts can be integrated through thematic studies of baseball, circus, farm, ocean, solar system, sports, and weather. Thematic interdisciplinary teaching promotes a line of communication between the physical education specialist and the academic teacher, thus making learning for all children connected and holistic in nature. Implementing interdisciplinary curriculum units helps children acquire targeted concepts and skills of various disciplines more effectively. (Jacobs, 1991)



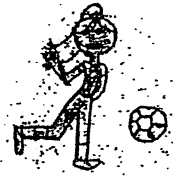
Based upon the work of Rudolph Laban, Movement Education utilizes the media of games, gymnastics, and dance to enhance the child's physical and emotional development through the movement concepts described as body awareness, space, qualities, and relationships. Body concepts include making body shapes, balancing on various body parts, and learning about body zones. Space concepts include children moving at various directions, levels, and pathways of movement. Qualities of movement include children moving at various speeds, performing movement with different degrees of force, and



imitating characters of movement such as animals, machines, and people. Relationship concepts include moving in regard to objects, partners, and to group members.



The usage of a Laban Movement Framework is very beneficial for teaching children vocabulary, definitions, and concepts of movement. The framework consists of four main themes of body, space, relationships, and qualities of movement concepts. Sam Baumgarten recommends that the Laban Movement Framework be used for lesson plan development in the elementary physical education classroom. Baumgarten reflects upon children's developmental characteristics, that is their instinctive nature to express themselves, to run, jump, and swing, and suggests the need for including educational dance and gymnastics as well as games content into our physical education instruction. (Donnelly, 2006)



Barton, K.C. & Smith, L.A. "Themes or motifs? Aiming for Coherence through Interdisciplinary Outlines." *The Reading Teacher*. September, 2000 54(1), 54 – 63.



Donnelly, Fran. "Constructing Meaningful Movement" *Teaching Elementary Physical Education*. July, 2006 pg. 8.

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Wood, K. *Interdisciplinary instruction: A Practical Guide for Elementary and Middle School Teachers*. 1997.



Thematic Theme BASEBALL NASPE Standards #1 #2 #3 #4 #5 #6
Educational Games Creative Baseball Game Cooperative and Collaborative
Students will create their own version of baseball making their rules, guidelines, and changes to the sport. The group must develop a creative, cooperative, and safe and fun way to redesign the sport of baseball that is fun for all. Students will write their games in their student journals for language arts integration.

Educational Gymnastics Baseball Shape Gymnastics

The students will work in small group situations. They will create movement sequences that reflect the shapes that baseball players make while holding the shape in a static position. Then they will choose locomotor movements that reflect the sport of baseball and perform these movements before each different baseball shape. Students can make static baseball pitcher statues followed by the students sliding and imitating players leaping in the air to catch a fly ball.



Educational Dance Take Me Out To The Ball Game Creative Dance

This dance experience can be performed in small or large group situations. The students are to create dance movements to the song "Take Me Out To The Ball Game" imitating baseball player movements while utilizing the movement framework concepts of levels, directions, shapes, and qualities of movement. Use yarn balls, bases, poly spots, nurf bats or use your pretend baseball bat. Students will record their dances on teacher made worksheets or journals.



Movement Framework For Games, Gymnastics, and Dance Levels low,

middle, and high. Qualities of Movement of accelerate and decelerate. Shapes such as wide, narrow, long, short, and twisted. Directions of forward, backward, sideways etc. Locomotor movements of walk, skip, jog, etc.

Language Arts Baseball articles word wall. Student journaling.

Math Baseball math of addition and subtraction throughout lesson. Baseball stats from newspapers. Baseball statistics.

Social Studies Locations of major, minor, or local league teams.

Science Share information on the physical conditioning of athletes.

Concluding Activity field trip to baseball game. Baseball game or dance.

Assessment By performance, portfolio, video, journals, and worksheets.

Thematic Theme CIRCUS NASPE Standards #1 #2 #3 #4 #5 #6

Educational Games Clown and Frown Cooperative Game

Students will create various circus game booths that are cooperative, creative, safe, and fun while emphasizing the happy character of being a clown and not having a frown. Use beanbags, yarn balls, hoops, ropes, cones, bases, milk carts and bowling pins. Create a game that incorporates addition and subtraction.

Educational Gymnastics Circus Gymnastic Shapes

Students will create a movement sequence utilizing the basic shapes of circus performers while performing locomotor patterns in between movements for the transition of circus performer shapes. They can make a clown shape and then skip. Then they can make an elephant shape and then swing their arms etc.

Educational Dance Creative Cooperative Whole Class Circus Dance

Students will be put in small groups. Tight-rope walkers, tiger trainers, clowns, jugglers, and dancers are some of the group assignments. They will work on their small group movement sequence. On the main phrase of the circus song all the performers will perform a main dance phrase step together. Then they will sit and watch each different circus group perform their movement composition. At the end of the dance all the performers will demonstrate their skills and talents at the same time and all performers end in a big circus pose.

Movement Framework for Gymnastics and Dance Body zones of upper, lower, top, bottom, etc. Body parts such as head, shoulder, arm, etc.

Relationships over, under, around, etc. Shapes of wide, narrow, long, short, and twisted. Axial skills of bend, stretch, twist, turn, swing, and sway.

Language Arts Read children's literature "The Circus" with students.

Have students write a paragraph & draw pictures of the circus from word wall.

Math Circus addition, subtraction, and multiplication facts emphasizing the people, animals, and performance acts of the circus.

Social Studies Look at circus careers and history of the circus.

Science The gravity affects on acrobats and tight rope artists

Concluding Activity Creative circus performance for video production &

parents. **Assessment** By performance, rubric, video, journals, & worksheets.



Thematic Theme FARM NASPE Standards #1 #2 #3 #4 #5 #6

Educational Games Magic Farmer

"I am the magic farmer and I am going to turn you into a rooster." Teacher begins and then allows the students to have a turn being the farmer. The farmer is to pick words from the farm word wall list. Write out and count how many different animals performed in the game for our language arts and math.

Educational Gymnastics Creative Barnyard Animal Gymnastics

Students are to imitate the various farm animals and their shapes with movements on a tumbling mat. Have the student move like a hen across the mat and then create a static hen animal shape before exiting off the mat. Cow, rooster, chicken, pig, goat, horse, dog, cat, and mouse farm animals. What letter does each farm word begin with and or how do we spell it?

Educational Dance Creative Scatter Square Dance

Students travel safely in the general space as the teacher says "hit the trail." Then the teacher calls out the regular square dance terms and the students will find a partner that is close by. Circle up two, circle up four, do si do, parmonde, right arm swing, left arm swing, right hand star, left hand star, animals in the cage, horse and buggy, thread the needle, etc. Students will create their own country dance steps when the teacher says "freestyle."

Movement Framework For Gymnastics Space of personal and general. Levels of low, middle, and high. Directions of forward, backward, and sideways. Locomotor skills of walk, crawl, jump, hop, etc. Imitation of farm animals.

Language Arts Children's literature book-Barnyard Dance, word wall, journals.

Math Farm animal addition and subtraction.

Science How does food grow from a seed? What do farm animals eat?

Social Studies Locations of the farm in our local, state, and national areas.

Concluding Activity A field trip to farm and or creative country carnival.

Assessment By performance, rubric, video, journals, worksheets, pod cast etc.

Thematic Theme OCEAN NASPE Standards #1 #2 #3 #4 #5 #6

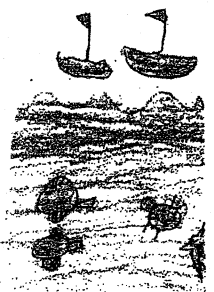
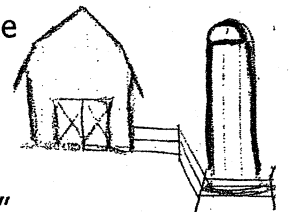
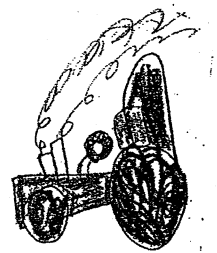
Educational Games Fish and Shark Cooperative Game

The teacher will pick out four or five students and give each student a shark poster. Then the teacher will pick out three or four students to be the ocean wave and give each student a blue scarf. The sharks will tag out the rest of the students who are the fish in the ocean. If you get tagged go down on one knee and raise your hand. An ocean wave will come to you and will walk around you to get you back in the game. Switch roles so each student has a turn to be each character. Keep count how many times you get tagged for math integration.

Educational Gymnastics Fish and Shark Cooperative Gymnastics

Students will have the opportunity to look and study various photos of living creatures in the ocean. They will choreograph a short movement sequence utilizing the various static shapes and movements of the chosen sea creatures.

Educational Dance Under The Sea Creative Dance



Concluding Activity Students will work with partners to perform a main dance phrase along with creative dance selections of high/low forward/backwards to the music. The students will have paper fish as dance props. Then all the fish swim under the big ocean wave chutes. The teacher will encourage the students to swim, splash, spiral, and swirl with the ocean waves for the dance. The students will write about their dance experiences for language arts integration.

Movement Framework for Gymnastics and Dance Time factors of, slow, fast, accelerate, & decelerate. Qualities of force/flow of rough, smooth, etc. Axial skills of bend, stretch, swing, sway, twist, and turn. Imitation of ocean animals.

Language Arts Read and or compose ocean poems so that students can perform movements to the words. Ocean word wall for students to reflect upon and write about what they know about the ocean.

Math Fish addition, subtraction, multiplication, division worksheets.

Science Classifications of fish and other marine life.

Social Studies Locations of the world oceans.

Concluding Activity Trip to an aquarium & or make a video of ocean dance.

Assessment By performance, video, journals, worksheets, and or web page.



Thematic Theme SOLAR SYSTEM NASPE Standards #1 #2 #3 #4 #5 #6

Educational Games Star Wars Cooperative Game

Students are divided into two groups. Use cones to divide up the groups. Use a mat that is folded up into a circle, a barrel, a milk carton, or box can be used as the machine generators of the space ship for each side. Students are to cooperate as a group and toss over the yarn balls to the other side into the various generators for points. Use different size yarn balls for different number of points or a different colored ball to take away points for math integration. Students are to toss at the various targets on the other side and not at others.

Educational Gymnastics Spaceship Shape Tag

The teacher will choose 4 to 5 shooting stars and give each student a scarf. The teacher will then choose 3 spaceships and give each student a hoop. The shooting stars are to tag out other players safely by tagging them on the shoulder. Tagged out students are to make a stationary solar system statue such as a planet, star, or moon with their body. The spaceship will then come to the tagged out student. That student must crawl through the hoop in order to get back in the game to play. The teacher will choose different students to be shooting stars and or spaceships after a minute of play. Stress safety.

Educational Dance Stars, Moon, Planet Creative Dance

Students are to choreograph a creative small and or large group dance about the various subjects of the solar system. Planets, stars, sun, moon, comets, black hole, shooting stars, meteoroids, and asteroids. Students can make and color various planets, stars, and moon and use for dance props. Scarves, chutes, materials, balls, and other props may be incorporated in the dance. The students will write out their dance phrases in their journals for writing.



Movement Framework For Creative Dance Pathways of straight, curved, zigzag, and diagonal. Force and flow concepts of light, heavy, strong, and weak. Shapes of wide, narrow, long, short, and twisted. Planes of horizontal & vertical.



Language Arts Write about the solar system from the word wall list.

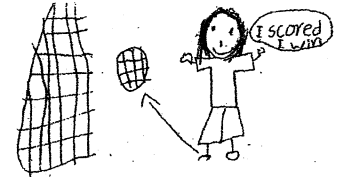
Math Make sun, moon, & stars add, subtract, multiple, and divide problems.

Science Names of the planets with facts.

Social Studies Location of museums that focus on the solar system.

Concluding Activity Field trip to museum to study solar system and or video production of the stars, moon, and planet creative dance.

Assessment By performance, rubric, video, journals and worksheets.



Thematic Theme SPORTS NASPE Standards #1 #2 #3 #4 #5 #6

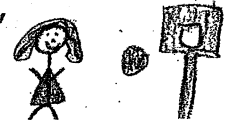
Educational Games Creative Cooperative Small Groups Sports Game

Students will design their own safe sports games in a small group situation with playground balls, hoops, ropes, cones, etc. Students are to give the game a name, rules, boundaries and they are to write the game instructions in their journals. Students may choose to safely roll, bounce, throw, catch, kick and strike their balls in the game. Teacher has taught these skills prior to the lesson.



Educational Gymnastics Gymnastics at the Olympics

Students will create a short and safe tumbling sequence using shapes of wide, narrow, long, short, and twisted with rolling and balancing skills or they may imitate various Olympic athlete statues with safe tumbling skills.



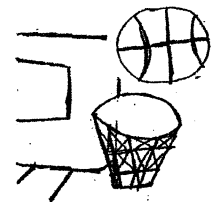
Educational Dance Creative Playground Ball Dance in Groups

In a small group situation begin the dance by rolling the ball and then perform a locomotor movement. Then throw and catch the ball and then perform a different locomotor movement. To end the dance bounce your ball and then perform another locomotor movement. Be sure to share ideas with your partner or small group. You can work with just one ball to share or you may all have a ball and work at the same time which makes it more challenging.



Movement concepts for the teacher made worksheets with ball handling skills.

Movement Framework For Game, Gymnastics, and Dance Directions of forward, backward, sideways, etc. Pathway concepts of straight, curved, zigzag, and diagonal. Relationship terms of over, under, around, through, inside, outside, etc. Locomotor skills such as gallop, skip, slide, leap, roll etc. Imitation of athlete characters.



Language Arts Students will select words from the sports word wall to write a paragraph about their favorite sports activity and then draw a picture.

Sports magazine and newspaper section to read, write, and perform movements.

Math Sports math from newspaper and sports related math on worksheets.

Science Nutrition for healthy athletes.

Social Studies Sports around the world.

Concluding Activity Sports festival and or a field trip to a sports center.

Assessment By performance, video, portfolio, journals, worksheets, etc.

