

Budding Biologist



Am I an Insect?

Lesson Plan – Physical Education



Physical Education

Moving like insects

Objective: Students will be able to use a variety of movements to race back and forth.

Procedure: 1. The teacher reads *Am I an Insect?* and discusses how insects can move, using either their legs or their wings. 2. The teacher demonstrates that because insects have six legs, they don't walk upright, they walk on all their legs with their bellies pointed down. The teacher demonstrates how students can walk on all fours (often called bear walking) to be more like insects. 3. The teacher describes how insects like to crawl along twigs and blades of grass without falling off. The teacher demonstrates walking along a thick rope or low balance beam without falling off (in absence of a balance beam, students can walk heel-to-toe along a piece of masking tape on the floor). 4. The teacher explains that because some insects use their wings to fly instead of walk, the teacher demonstrates how we can run with our hands on our hips to look like wings. 5. Students break into groups to try each way of moving, and rotate stations as time allows. Alternately, students can experiment to see which way of moving is the fastest for them.

Suggested stations:

Walk along a balance beam, bear walk along a path, crawl on all fours along a line of mats, run with hands on hips

Materials:

Am I an Insect? book

Balance beam or masking tape

Optional: cones to mark starting and stopping points

Rock wall

Hanging rock

Jungle gym

Monkey bars

Floor mats

Assessment: Take anecdotal notes and observe students bodies as they move. Are they able to complete the tasks? Difficulty with the tasks may indicate the need for more large-muscle work and practice coordinating arms and legs.

Extension: Students who excel can try climbing like insects, on a rock wall, knotted rope, or jungle gym. With the teacher acting as a spotter, students can hang upside down from their knees or climb along the top of monkey bars.