

POP! TEACHER RESOURCE



Lesson Plan



The Hardest Move

Lesson Plan for *Gymnastics*

Grade 1

Objective

To help students participate in collaborative conversations with partners and as a larger group.

Things Needed

- *Gymnastics* book
- Access to the “Gymnastics” web page on the Pop! website:
<https://popbooksonline.com/kids-sports/gymnastics>
- Pencils and paper
- Whiteboard

Before the Activity

Read *Gymnastics* out loud to students. Open the “Gymnastics” web page in your internet browser. Pull up the “Explore Links” tab and click on the SportsAspire article, “Gymnastics Moves.” This article can also be found here:

<https://sportsaspire.com/gymnastic-moves>

Activity

To start, open the *Gymnastics* book to Chapter 2 (“Youth Gymnastics”) and read this chapter again. Then, read through the “Gymnastics Moves” article, going slowly and pointing out the different movements in the images to help students understand what each move involves.

After you have described all the different moves, ask students, “Which move do you think would be hardest to do? Why?”

Write these questions on the whiteboard. Students should write their answers on paper. They should write one sentence telling which move they think is the hardest. Then, they should write two more sentences explaining why.



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After two minutes, ask the students to partner up. Students in each pair should read their answers to each other. Then they should answer the following questions:

- Are the moves the same or different?
- Are the reasons the same or different?

Write these questions on the board, too. After another two minutes, bring the whole class together. Count how many students thought each move was hardest, having students vote by raising their hands. Then have a short discussion exploring some of the reasons why students chose the most popular moves. Invite several volunteers to share their reasons with the class.

Evaluation

Collect the papers at the end of class, giving each student up to 4 points:

- 1 point for stating which move seemed hardest
- 1 point for including reasons why that move seemed hard
- 2 points for using complete sentences

Standards

This lesson plan may be used to address the Common Core State Standards' reading standards for informational texts, grade 1 (RI 1.2), and speaking and listening standards, grade 1 (SL 1.1).

