

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Space Jamming	
Submitted by	SHAPE America Staff
National Standard(s)	Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
Grade Level Outcome or Performance Indicator	Moves in personal space to a rhythm. (S2.E1.Kb) Moves in self-space and general space in response to designated beats/ rhythms. (S2.E1.1) Combines locomotor skills in general space to a rhythm. (S2.E1.2)
Activity Objective	To reinforce movements through general space to a rhythm. To practice locomotor movements. To practice moving in different pathways and levels.
Grade(s)	K-2
Materials	Music, speakers
Activity Description	Diagram
<p>This activity can be used as an instant activity, a warm-up, quick assessment or closing activity.</p> <p>Have students spread out in personal space. Play a song of your choice with a moderate tempo, not too fast and not too slow. Have students move through personal space to the rhythm of the music however they like.</p> <p>After about 15-30 seconds stop the music. Play a song with a faster tempo and ask students to move to the sounds of music. Before playing the music ask students, “If the music got faster how would you move now?” Have students share some answers then play the faster paced music.</p> <p>Fast paced song suggestions:</p> <p>Flight of the Bumblebee- Rimsky Korsakov</p> <p>Move Your Feet- Junior Senior</p> <p>After about 15-30 seconds stop the music again. Tell students you will play a song and give them a locomotor skill (e.g. gallop, slide, skip, etc.) to perform and/or a pathway or direction (e.g. zig zag,</p>	<p>Students will be in free space throughout the gym or play area.</p>

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straight, etc.) they need to move. Play each song about 15-30 seconds each, stopping and playing a new song for a new locomotor skill and/or pathway. Below are some suggested songs to make a playlist.

Slide:

Icecream and Cake- Buckwheat Boyz

Gallop:

Overture to William Tell- Gioachino Rossini (start at 0:15)

Skip:

Outkast- Hey Ya

Shake It Off- Taylor Swift

Walk:

All About the Bass- Meghan Trainor

Run:

Happy- Pharrell Williams

A great website to find music to use for free and create playlists is Grooveshark (www.grooveshark.com). You can create pysicalists and find music for free by making an account.

Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.



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