

## Lesson 5 – Locomotor Skills Combination #1 (Circle Activity)

**Introduction** - This lesson features a variety of locomotor skill movements supported by the *Combination Activity Song #1* that directs students, with choreography, to perform a variety of walking, trotting, prancing and stationary skills while moving in a circle.

**Prerequisite Skills:** Since this is a review of many locomotor skills. Have students become familiar with all the movements before using this activity. Students need to have learned the locomotor skills from our Lessons 1-4.



Lesson 1	<i>Circle Walk Song</i>
Lesson 2	<i>On the Line Trotting Song.</i>
Lesson 3	<i>On the Line Prancing Song</i>
Lesson 4	<i>Stationary Fun Song</i>

**Song Title:** *Combination Song #1*

**Difficulty Level:** Beginner

### **Objective and Outcomes:**

To have students engaged in a variety of locomotor skills including walking, trotting, prancing and stationary movements as part of a group. Students will be performing these movements as they move in a circle around the designated area.

### **Activity:**

The students will be able to use listening skills, coordination, and other physical movements to experience an effective workout combining walking, trotting, prancing and stationary movements skills, rhythm, and choreographed movement with a hobby horse.

### **Terms Used:**

**MARCHING** - A brisk walk with knees lifted high and toes pointed down (when the foot is lifted)

**HEEL WALKING** - Only the heels touch the ground. Toes are always lifted.

**HOME BASE** – Place where each student will start and return at end of activity

**PENDULUM** – Start with your feet together. Lift one leg out to the side and then the other leg. Keep your legs straight and your feet flexed.

**PENGUIN WALKING** - Heels start together, toes are pointed out, legs are straight. Take short waddling steps.

**PRANCING** – A specific type of slow, controlled, trotting/jogging where knees are up high and toes are pointed down

**ROCKING HORSE** – Keep one foot forward and one foot back. Step forward on the front foot as you lift the back foot then step backward on the back foot as you lift the front foot.

Continue to rock forward and back.

**STATIONARY** – Remaining in one place

**SUMO WALKING** - In a squatted position, feet are wide and knees are bent. Chest is up and hips are low, walking forward, backward, sideways or diagonally, slowly

**TIPPY TOE WALKING** - Walking on the balls of your feet and toes only. Your heels never touch the ground.

**TROTting** – Faster than walking, similar to jogging, slower than running (which is not allowed in Hobby Horsing). Leave off of one foot and land on the other alternating and repeating.

**WHOA!** - Stop and put your feet together

**YEE HAW** – Start with your feet together. Lift one foot out to the diagonal in front of you and then the other. Keep your knee bent when you lift your foot.

## **Materials:**

Hobby Horses

Corral – 35-gallon trash can, box or other container to use as a corral, the place to return hobby horses when activities are completed

Cones – to mark off an area if needed

Printed materials: Hobby Horse Safety, Etiquette and Form

## **Media:**

Mp3 audio file and player for the *Combination Song #1*

Video link and video player and screen for the locomotor skills and choreography for the lesson.

The online **Combination Song #1 Instruction Video**

The online **Combination Song #1 Choreography Demonstration Video**

## **Preparation:**

1. Review the online **Combination Song #1 Instruction Video** and learn the skills required of the students.
2. Review the online **Combination Song #1 Choreography Demonstration Video** featuring the choreography performed with the music.
3. Review the lyrics and listen to the MP3 of the song.
4. Decide whether the lesson will be led by the Hobby Horse videos or if it will be teacher led.
5. If students are going to follow the video, have a way to play the video in the area the students will be performing the variety of movements in this choreography.
6. If teacher lead, review the locomotor skills and the song choreography so that you are sufficiently familiar with it to teach the activity.
7. Set up an area for the activity. Use cones or other markers if needed for designation.
8. Gather hobby horses
9. Set up your corral area to pick up and return hobby horses to.
10. Have your mp3 player ready to go.
11. Have your online video player ready to go.

## **Procedure**

### **Opening Instruction**

1. Warm up with the *I'm a Hobby Horser* warmup activity.
2. Have students line up in a circle around the area that will be used.
3. Tell students that they will be performing a song called *Combination Song #1*.
4. Remind them of Hobby Horsing safety rules, etiquette and form.
5. Explain that during this circle activity song activity they will travel around the perimeter of the gym or within the coned off area using various walking, trotting, prancing and stationary movement skills described in the song.
6. Remind students to return to their base line when the activity is finished.

## Guided Practice for the Locomotor Skills & Choreography

1. Teach all the locomotor movements students will be using.
  - a. Video Led Instruction: Play the online **Combination Song #1 Instruction Video** for the combination song #1 and have students follow along with the video and repeat as necessary for proficiency.
  - b. Teacher Led Instruction: Teacher will lead the instruction of all the various locomotor skills needed to perform this lesson. Repeat for proficiency.
2. Follow along with the choreography of the lesson
  - a. Video Led Choreography: Play the online **Combination Song #1 Choreography Demonstration Video** for the lesson. Have students follow along and repeat for proficiency.
  - b. Teacher Led Choreography: play the **mp3 audio file** for the *Combination Song #1* and lead all the movements and choreography for students to follow along. Repeat for proficiency.
3. **Provide Additional Opportunities** – Find additional opportunities in our Music and Song Activities found on page 201. Download mp3 found on your Teachables Account. Simply choose the activity and the locomotor skills you want to call out for your students to perform and follow our basic presentation procedures.

# **Combination Song #1** (circle activity)

Traditional Melody – *Ram Sam Sam*

Lyrics by David Fisher and Ken Frawley

Okay, Hobby Horsers. We're going to do a variety of movements. Listen for the cues and follow along. Let's start marching forward using our right foot. Follow along. Right, left, right, left, right, left, right, left, march...

A forward march; A forward march

Let's forward march; Forward march (rocking horse)

A rocking horse; A rocking horse

Let's rocking horse; rocking horse (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A Pendulum; Pendulum (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A Pendulum; Pendulum

Whoa! And feet together. And now we'll move forward starting with our right foot again penguin walking. Here we go. Penguin...

A penguin walk; A penguin walk

Let's penguin walk; penguin walk (sumo)

A sumo walk; A sumo walk

Let's sumo walk; sumo walk (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A Pendulum; Pendulum (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A Pendulum; Pendulum

Whoa! Feet together. Now, let's all move forward trotting starting with our right foot. Trot...

A forward trot; A forward trot,

Let's forward trot; Forward trot (prance)

A forward prance; A forward prance

Let's forward prance; forward prance (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum

Whoa! Feet together. Let's all move forward starting with our right foot – and heels-only walk. Heels only...

Heels-only walk; Heels-only walk

Keep your toes up, up; Heels-only walk (tippy toes)

Let's tippy-toe walk; Let's tippy-toe walk

Let's tippy-toe walk; Let's tippy-toe walk (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum

Whoa! And feet together. This time let's toe-heel walking moving forward starting with our right foot. Toe-heel...

A toe-heel walk; A toe-heel walk

A toe-heel walk; toe-heel walk (sloth walk)

Let's all sloth walk; Let's all sloth walk

Slowly walking now; Let's all sloth walk (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum

Whoa! Feet together. Well, let's do the whole song again but this time start all the actions on our left foot. Listen for the cues and follow along. Let's start marching along. Left, right, left, right...March

Forward march; forward march

Let's forward march; forward march (rocking horse)

A rocking horse; A rocking horse

Let's rocking horse; rocking horse (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum

Whoa! Feet together. Now, let's Penguin walking leading with our left foot. Here we go...Penguin...

A penguin walk; A penguin walk

Let's penguin walk; penguin walk (sumo)

A sumo walk; A sumo walk

Let's sumo walk; sumo walk (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum (Yee Haw)

A Yee Haw; a Yee Haw! (pendulum)

A pendulum; pendulum

Whoa! And feet together. Now, let's all trot forward starting with our left foot. Get ready...Trot

A forward trot; A forward trot,  
Let's forward trot; Forward trot (prance)  
A forward prance; A forward prance  
Let's forward prance; Forward prance (Yee Haw)  
A Yee Haw; a Yee Haw! (pendulum)  
A pendulum; pendulum (Yee Haw)  
A Yee Haw; a Yee Haw! (pendulum)  
A pendulum; pendulum  
Whoa! Feet together. Now, it's time to heels-only walking leading with our left foot. Here we go...Heels-only

Heels-only walk; heels-only walk  
Keep your toes up, up; Heels-only walk (tippy toes)  
Let's tippy-toe walk; Let's tippy-toe walk  
Let's tippy-toe walk; Let's tippy-toe walk (Yee Haw)  
A Yee Haw; A Yee Haw! (pendulum)  
A pendulum; pendulum (Yee Haw)  
A Yee Haw; A Yee Haw! (pendulum)  
A pendulum; pendulum

Whoa! Feet together. Now, get ready to toe-heel walking starting with your left foot. Here we go...  
Toe-heel  
A toe-heel walk; A toe-heel walk  
A toe-heel walk; A toe-heel walk (sloth walk)  
Let's all sloth walk; Let's all sloth walk  
Slowly walking now; Let's all sloth walk (Yee Haw)  
A Yee Haw; A Yee Haw! (pendulum)  
A pendulum; pendulum (Yee Haw)  
A Yee Haw; A Yee Haw! (pendulum)  
A pendulum; pendulum

Whoa! Feet together. Now, let's all walk to cool down. Here we go...Walk...  
A forward walk; A forward walk  
We're cooling down with a forward walk  
A forward walk; A forward walk  
We're cooling down with a forward walk  
Keep walking; Keep walking  
We're cooling down and we're almost done  
Keep walking; keep walking  
Now, let's all Whoa! We're all done  
Hold your horses and feet together.