

Lesson 1 – Walking (Circle Activity)

Introduction - This lesson features walking locomotor skills supported by the *Hobby Horse Circle Walk Song*. Students will follow choreographed movements as they playfully walk in a circle, as a group, and use a variety of walks including heel toe walking, penguin, toe heel, tippy toe, sumo, heels only, marching and sloth.



Song Title: *Circle Walk Song*

Difficulty Level: Beginner

Objective and Outcomes:

Students will be able to move in a variety of walking styles including regular walking, penguin, toe heel, tippy toe, sumo, heels only, marching and sloth as they playfully engage in a circle activity as a group.

Activity:

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

Terms Used:

HEEL TOE WALKING - Normal heel to toe walking

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

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

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

SLOTH WALKING - Very controlled, lunging, slow motion walking

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.

TOE HEEL WALKING - Step on the ball of your foot and bring the weight back to your heel

WHOA! - Stop and put your feet together.

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 *Circle Walk Song*.

Video Player and screen

The online **Circle Walk Instruction Video** for Walking

The online **Circle Walk Song Choreography Demonstration Video**

Preparation:

1. Review the online **Circle Walk Instruction Video** and learn the locomotor skills required of the students.
2. Review the online **Circle Walk Song 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, then have a way to play the video in the area the students will be performing the walking 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 to a song called *Circle Walk Song*.
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 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 **Circle Walk Instruction Video** 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 **Circle Walk Song 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 *Circle Walk Song* 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.

Circle Walk Song (circle activity)

To the tune of *Old Brass Wagon*

Lyrics by David Fisher & Ken Frawley

OK, Hobby Horsers, follow each other walking in a circle around the room. When you hear, “Whoa!” freeze and listen for directions. When you hear, “Turn around,” then you reverse directions and go the other way. Let’s start walking forward. Here we go. Walk...

Walking forward with our Hobby Horse
Walking forward – walk, walk, walk, walk
Walking forward with our Hobby Horse
Whoa! And turn around
Walking forward with our Hobby Horse
Walking forward – walk, walk, walk, walk
Walking forward with our Hobby Horse
Whoa! And turn around

Feet together. Now, toe-heel walking is next. Let’s get ready. Here we go...

Toe-heel walking with our Hobby Horse
Toe-heel, toe-heel, toe-heel, toe-heel
Toe-heel walking with our Hobby Horse
Whoa! And turn around
Toe-heel walking with our Hobby Horse
Toe-heel, toe-heel, toe-heel, toe-heel
Toe-heel walking with our Hobby Horse
Whoa! And turn around

Feet together. Penguin walking is next. Follow along. Here we go...

Penguin walking - point those toes out
Penguin walking - keep those legs straight
Penguin walking - waddle, waddle, waddle, waddle
Whoa! And turn around
Penguin walking - point those toes out
Penguin walking - keep those legs straight
Penguin walking - waddle, waddle, waddle, waddle
Whoa! And turn around

Feet together. Now, let’s all get ready to march forward. Follow along. Here we go...

Marching forward with our Hobby Horse
Marching forward - march, march, march, march
Marching forward with our Hobby Horse
Whoa! And turn around

Marching forward with our Hobby Horse
Marching forward - march, march, march, march
Marching forward with our Hobby Horse
Whoa! And turn around

Feet together. Now, let's all get ready to try tippy toe walking. Follow along...

Tippy toe walking with our Hobby Horse
Tippy toe, tippy toe, tippy toe, tippy toe
Tippy toe walking with our Hobby Horse
Whoa! And turn around
Tippy toe walking with our Hobby Horse
Tippy toe, tippy toe, tippy toe, tippy toe
Tippy toe walking with our Hobby Horse
Whoa! And turn around

Feet together. Now, let's have fun going slower and doing some sloth walking. Here we go...

Sloth walking, sloth walking in slow motion
Sloth walking, sloth walking in slow motion
Sloth walking, sloth walking with our Hobby Horse
Whoa! And turn around
Sloth walking, sloth walking in slow motion
Sloth walking, sloth walking in slow motion
Sloth walking, sloth walking with our Hobby Horse
Whoa! And turn around

Feet together. Heel-walking is next. Remember to keep your toes up. Here we go...

Heel-walking, heel-walking - keep those toes up
Heel-walking, heel-walking - keep those toes up
Heel-walking, heel-walking with our Hobby Horse
Whoa! And turn around
Heel-walking, heel-walking - keep those toes up
Heel-walking, heel-walking - keep those toes up
Heel-walking, heel-walking with our Hobby Horse
Whoa! And turn around

Feet together. Okay, Hobby Horsers, sumo walking is next. Here we go...

Sumo walking, sumo walking - keep those feet wide
Sumo walking, sumo walking - keep those knees bent
Sumo walking, sumo walking with our Hobby Horse
Whoa! And turn around

Sumo walking, sumo walking - keep those feet wide
Sumo walking, sumo walking - keep those knees bent
Sumo walking, sumo walking with our Hobby Horse
Whoa! And turn around

Feet together. Now, we're all going to walk to cool down. Get ready. Here we go...

Walking forward with our Hobby Horse
Walking forward – walk, walk, walk, walk
Walking forward. Cooling down now
Whoa! We're all done

Hold your horses and feet together.