

PE

Playground Songs & Rhymes

Jump Rope

Folk Dancing

Free Play

SAMPLE





About the Course

This course includes the following topic(s): Playground Songs & Rhymes, Jump Rope, Free Play, Folk Dancing

About Playground Songs & Rhymes

Develop hand-eye coordination while playing with words and rhythm using ball-bouncing, passing, and clapping games.

About Jump Rope

Using jump-rope games, students work on hand-eye coordination while playing with words and rhythm.

About Folk Dancing

Learn basic steps for individual, couple, and/or group dances using traditional folk songs.

PE: Grades 1-3

Lessons specifically created for Grades 1-6. We recommend you make sure to include some sort of physical activity as breaks throughout your school day. If you already have sports or similar activities as a regular part of your life rhythms, these lessons are optional.



Scheduling

GRADE	SCHEDULE INFO.	BOOKS
1-3	Playground Songs & Rhymes 1 time/week 20 min	The Book of Playground Songs & Rhymes
1-3	Jump Rope 1 time/week 20 min	The Book of Playground Songs & Rhymes
1-6	Folk Dancing 1 time/week 20 min	The Book of Song Dances
1-3	Free Play 2 times/week 20 min	

Sample Weekly View

Day 1	Day 2	Day 3	Day 4	Day 5
PE: Grades 1-3				
Jump Rope	Free Play	Playground Songs & Rhymes	Free Play	Folk Dancing



Planning & Prep

Permission to print for non-commercial use. See Alveary group use policy to use lessons in a group context.

LINKS: Click text or scan the QR code in the top corner of the lesson plan pages to view online resources associated with the lessons.

Responsibility for previewing all links rests with the teacher. All links were checked at the time of publication; however, websites change frequently and may contain objectionable content. Please report broken links by contacting us through our website.

PE: Grades 1-3

Read the Introduction for Playground Songs & Rhymes p.5

Bookmark the song playlist on SoundCloud. These include songs for folk dances, playground songs and rhymes, and jump rope. Create a free SoundCloud account to use offline. There are links to individual songs in lessons.

Preview games and songs.

Folk Dancing

Read the Introduction for The Book of Song Dances p.4-9.

Bookmark the video folder of folk dances.

Preview dance video; learn beforehand to teach students.



Books & Resources

For book rationales and purchase options, click the Book List link or scan the QR code below.

∞ [View Book List Details](#)

PE: Grades 1-3

Playground Songs & Rhymes



The Book of Playground Songs & Rhymes

Jump Rope



The Book of Playground Songs & Rhymes

Folk Dancing



The Book of Song Dances



Supplies

For supply list details and basic supplies helpful to have on hand, click the links or scan the QR code below.

∞ [View Basic Supplies](#)

∞ [View Supply List Details](#)

Playground Songs & Rhymes



Rhythm Sticks

Jump Rope



Long Jump Rope and Short Jump Rope



Quick Links

PE: Grades 1-3

∞ [Extra Helpings](#)

∞ [SoundCloud Song Playlist](#)

Click THIS text
or scan the QR
code for links.





Folk Dancing

∞ [Video Folder of Folk Dances](#)

SAMPLE

PE: Grades 1-3

How To Teach



Overview

Mason emphasized that being physically fit is just as important as being mentally and spiritually fit. She used a combination of Swedish Drill (calisthenic exercises done to music or military-style commands), playground games, sports, dance, free play, and afternoon walks to make sure students had time for vigorous exercise every single day.



Introduce

Teach students the new song, dance, or sport. Tutorials are often provided.



Practice

Play your new game, practice your new dance, sing your new rhyme, etc.!

SAMPLE



Term 1

WEEK 1 ☐ 20m Jump Rope - Lesson 1

☐ Materials: The Book of Playground Songs & Rhymes

PREP: Learn song and motions.
"Icka Backa Soda Cracker" p.48

→ LISTEN & PRACTICE

1. Read the rhyme aloud, practice reciting.
2. Clap a steady beat to find the rhythm.
3. Jump to rhythm, landing on stressed beats.

WEEK 1 ☐ 20m Free Play - Lesson 1

→ PLAY
Free Play

WEEK 1 ☐ 20m Playground Songs & Rhymes - Lesson 1

Hand Clapping: Song & Rhythm

☐ Materials: Playground Songs & Rhymes

PREP: Learn song and motions.
"Hot Cross Buns" p.15

→ LISTEN & PRACTICE

1. Listen to the song several times.
 2. Listen and repeat one line at a time.
 3. Clap to the rhythm while you sing.
- ∞ Audio Link: Hot Cross Buns

WEEK 1 ☐ 20m Free Play - Lesson 2

→ PLAY
Free Play

WEEK 1 ☐ 20m Folk Dancing - Lesson 1

Great Big House

☐ Materials: The Book of Song Dances

PREP: Teaching the song dance is much easier if you split up the skills. Teach the song first, then teach the dance slowly while counting the beat. Once those are mastered separately, you can try putting them together. Review Great Big House on p.30. Listen to the song, watch the demo, and learn the dance. Group instructions and partner variation are available.

→ INTRO

Say: Today, we are going to learn a new song and dance called Great Big House. We will listen to the song one time, then play it again and sing along.

→ LISTEN

- ∞ Audio Link: Great Big House
∞ Audio Link: Great Big House (piano only)

→ VIEW

Watch the demo and learn dance movements. Group Instructions and Partner Variation are available.
∞ Video Link: Great Big House



Term 1

WEEK 2 ☐ 20m Jump Rope - Lesson 2

Icka Backa Soda Cracker

☐ Materials: Long Jump Rope, Two Twirlers

→ **NOTE**

Continue with the same rhyme.

→ **PRACTICE**

1. Recite the rhyme without jumping.
2. Listen to rhyme and jump with long rope.
3. Recite the rhyme while jumping.

WEEK 2 ☐ 20m Free Play - Lesson 3

→ **PLAY**

Free Play

WEEK 2 ☐ 20m Playground Songs & Rhymes - Lesson 2

Hand Clapping: Motions - Hot Cross Buns

→ **RECAP**

Sing the song with the audio.

→ **PRACTICE**

1. Learn motions, saying them while moving.
 2. Sing the name of motions to the rhythm.
 3. Listen to audio while doing motions.
- ∞ Audio Link: Hot Cross Buns

WEEK 2 ☐ 20m Free Play - Lesson 4

→ **PLAY**

Free Play

WEEK 2 ☐ 20m Folk Dancing - Lesson 2

Great Big House

☐ Materials: The Book of Song Dances

→ **RECAP**

Listen to the song once and sing along. Then sing the song without the music.

∞ Audio Links: Great Big House

→ **VIEW**

Learn the steps to the dance, one part at a time.

∞ Video Link: Great Big House

WEEK 3 ☐ 20m Jump Rope - Lesson 3

Icka Backa Soda Cracker

☐ Materials: Short Jump Rope

→ **NOTE**

Continue with the same rhyme

→ **PRACTICE**

1. Recite the rhyme without jumping.
2. Listen to rhyme and jump with a short rope.
3. Recite the rhyme while jumping.



Term 1

WEEK 3 🕒 **20m Free Play - Lesson 5**

→ **PLAY**
Free Play

WEEK 3 🕒 **20m Playground Songs & Rhymes - Lesson 3**

Hand Clapping: Motions & Singing - Hot Cross Buns

→ **LISTEN & PRACTICE**

1. Listen to audio while doing motions.
 2. Sing the song while doing motions.
- ∞ Audio Link: Hot Cross Buns

WEEK 3 🕒 **20m Free Play - Lesson 6**

→ **PLAY**
Free Play

WEEK 3 🕒 **20m Folk Dancing - Lesson 3**

Great Big House

📄 **Materials:** The Book of Song Dances

→ **RECAP**

Listen to the song once and sing along. Then sing the song without the music.

∞ Audio Links: Great Big House

→ **LISTEN & PRACTICE**

Practice the dance while listening to the song.

∞ Video Link: Great Big House