

Celebrate Christmas

Introduction: A young child loves the celebrations and activities that occur during a holiday season. This lesson combines physical movement with some of the activities associated with Christmas. The children will love all of the fun!

Grade Level and Subject: First Grade Social Studies and P.E.

TEKS: Social Studies – 2B, 15A
P.E. – 1A, 1B, 1C, 1D, 3A, 7A, 7B

Materials: None

Resource: *201 Games for the Elementary Physical Education Program* by Jerry D. Poppen.
ISBN: 0-13-042061-1

Activity: This activity should be completed during the month of December. After a discussion of Christmas, the teacher will take the students to the gym.

The students will stand in the middle of the gym. The teacher will call out each of the following categories of Christmas activities, and students will then perform the tasks associated with the category:

- **Hitch up the reindeer.** Students will get into groups of eight. They will stand, one behind the other, in a straight line. Each child will place his or her hands on the shoulders of the person in front of him or her. The students will walk around the gym, being careful not to hit another line of students. The teacher will give a signal, and the students will drop their hands from the person in front of them and move back to the center of the gym.
- **Clean up the workshop.** Students will pretend they are sweeping the floor, dusting, wiping surfaces, picking up items, etc. A signal given by the teacher will move them back to the center of the gym.
- **Gather round the Christmas tree.** Students will get into groups of three. They will hold hands and skip in a circle. The teacher's signal will stop the activity, and the students will move to the center of the gym.
- **Trains around the Christmas tree.** Students will get into groups of five. They will make a line, one student behind the other, and the students will place their hands on the shoulders of the person standing in front of them. They will walk quickly or jog around the gym, making train noises. A signal given by the teacher will stop the activity and have the students move back to the center of the gym.
- **Season's Greetings.** Students will run around the gym, hug a classmate, and exchange the greeting "Season's Greetings" with every student who is hugged by them. On a signal given by the teacher, the activity will end and the students will move to the center of the gym.

- **Imitate a toy.** Students can pretend to be a robot (walking around stiffly), a Jack-in-the-box (jumping up and down), a music box (turning around as the dancer would do on the top of a music box), etc. Let the children be creative with their movements as their imaginations run wild.

The teacher can add other suggested movements to the list given above. It is a lesson designed for creative movement.

Evaluation: The teacher will monitor behavior and observe the movements of the students.



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