

Lesson Three– Physical Education – Patterned Movement

PREPARATION

Using the Ethnocultural Directory, available from the Thunder Bay Multicultural Association at 345-0551, or any public library, contact an ethnic dance group or martial arts instructor who is willing to teach a simple set of patterned movements. Ensure that ample and appropriate space is available along with music if required.

INTRODUCTION

Explain, prior to entering the gymnasium, that different cultures feature different sets of movement or dance.

Introduce the instructor (they may have a title the students should use when addressing them)

ACTIVITY

Left to the discretion of the guest instructor, the teacher should observe and participate.

FOLLOW-UP

Discussion of activity and culture.

The entire lesson can be repeated numerous times with different instructors/activities