

# Motor-Integrated Lesson Plans

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## Infant Lesson Plan: Sensory Movement Play

**Objective:** Infants will strengthen head, neck, and trunk control while engaging in sensory-rich movement experiences.

**Materials Needed:** Soft mats, rattles, scarves, textured balls, mirrors.

### **Activities:**

- Place infants on their tummies with colorful, reachable toys to encourage lifting and reaching.
- Use gentle side-to-side rolling and supported sitting to promote balance and core strength.
- Incorporate songs with gentle movements (e.g., 'Itsy Bitsy Spider', 'Row, Row, Row Your Boat').

**Assessment:** Observe for head lifting, reaching, and visual tracking during play.

## Toddler Lesson Plan: Movement and Naming Adventure

**Objective:** Toddlers will develop gross and fine motor coordination while naming familiar objects or actions.

**Materials Needed:** Foam blocks, small balls, animal toys, music player.

### **Activities:**

- Create a movement circuit: crawl under a tunnel, toss a ball, stack blocks, jump to a picture card.
- Pair each movement with naming (e.g., 'Jump to the dog!').
- End with a group song involving gestures (e.g., 'Head, Shoulders, Knees, and Toes!').

**Assessment:** Note participation, coordination, and emerging language use during play.

## Pre-K Lesson Plan: Alphabet Obstacle Course

**Objective:** Students will identify letters of the alphabet while engaging in gross motor activities.

**Materials Needed:** Alphabet cards, cones, mats, beanbags, music player

### **Activities:**

- Set up an obstacle course with alphabet cards at each station.
- Students move through the course by jumping, crawling, or balancing to each letter.
- At each station, they identify the letter and say a word that starts with it.
- Play music and encourage rhythmic movement during transitions.

**Assessment:** Observe students for correct letter identification and motor skill engagement.

### Kindergarten Lesson Plan: Sight Word Hopscotch

**Objective:** Students will recognize and read sight words while improving balance and coordination.

**Materials Needed:** Sidewalk chalk or floor tiles, sight word cards

**Activities:**

- Create a hopscotch grid using chalk or floor tiles.
- Place sight words in each square.
- Students take turns hopping through while reading each word aloud.
- Add variations like hopping on one foot or skipping a square.

**Assessment:** Monitor reading accuracy and coordination during the activity.

### 1st Grade Lesson Plan: Math Movement Match

**Objective:** Students will solve simple addition and subtraction problems using physical movement.

**Materials Needed:** Flashcards with math problems, number mats or spots on the floor

**Activities:**

- Present a flashcard (e.g.,  $3 + 2$ ).
- Students move to the correct answer mat (e.g., 5) using a movement style (jump, skip, crawl).
- Discuss answers as a group after each round.

**Assessment:** Check for correct answers and active participation.

### 2nd Grade Lesson Plan: Grammar Relay Race

**Objective:** Students will identify parts of speech while engaging in team-based physical activity.

**Materials Needed:** Sentence strips, part of speech labels, cones

**Activities:**

- Set up relay race lanes with cones.
- Each team draws a sentence strip and runs to label the nouns, verbs, and adjectives.
- Teams race back and tag the next runner to continue the activity.

**Assessment:** Evaluate sentence labeling and teamwork.

### 3rd Grade Lesson Plan: Science Circuit Stations

**Objective:** Students will review science vocabulary while completing physical circuit activities.

**Materials Needed:** Science vocabulary cards, cones, jump ropes, beanbags, posters

**Activities:**

- Set up stations around the room or gym with a physical task (e.g., jumping jacks, rope skipping).
- At each station, students read and explain a vocabulary word before completing the task.
- Rotate every 2-3 minutes.

**Assessment:** Monitor vocabulary understanding and participation at each station.