

## Purpose & SOL

- The student will read and demonstrate comprehension of fictional texts.
- Language Arts 2.8

## Materials

- 2 hula hoops
- Compare and contrast cards
- Space to form the class or group into a circle

**Length**

25 min.

## Introduction

The teacher will begin the lesson demonstrating the movement for compare (feet together in a squat) and contrast (feet apart and hands out wide). After reviewing the movements call them out at random and ask students to perform the correct movement. Have students complete 10 of each exercise, then 5 of each exercise, finally end with one repetition of each exercise.

## Implementation

## Exercise the Answer

- 1) The lesson will begin with a quick review of the terms “compare” and “contrast.” Ask one student to give a definition of each word and another student to give an example.
- 2) Have the group form a large circle and be seated. Place the two hula-hoops in the center in the form of a Venn diagram.
- 3) Place the header cards for around the world and circle squat at the top of a hoop and the “Both” card in the center.
- 4) Play around the world as a class. To play: everyone stands in a circle and select one person to begin. That person hops and says “10” (if counting by 10s). The next person hops and says, “20” and so on until 100. At 100, the person that says “100” does a star jump and sits down. If time allows play until there is one player left.
- 5) Next, play circle squat. To play: Stand in a circle and go around the room and number off. Each player has a number. The first player calls out another number in the circle and that person has 3 seconds to say another number in the circle. They cannot call the number that called them or the number on either side of them. Each time a mistake is made the group performs 5 squats. Play as long as time allows.
- 6) After playing both games have students sit down and work together to sort the compare and contrast cards. For each card, ask students to perform the movement for which part of the diagram where the card belongs.

## Cool Down

End the game with standing forward fold and hold for a count of 10. Then, slowly have students lift up with their knees bent until standing upright. Counting down from 10, have students transition to their seats in slow motion.

## Modifications

Choose any two games that your class likes to play and compare and contrast them.



**Around  
the World**

Play in a  
circle.

Players are  
eliminated.

Participants  
squat.

Players  
stand in a  
circle.

**Circle  
Squat**

Everyone  
gets a  
number.

Participants  
hop.

Exercises are  
completed.

Players  
count by 5s  
or 10s.