

**Category:**

Psychomotor Domain (DPM) - Physical Education
"A visit to the Jibou Botanical Garden" - application route

Year Group:

Small Group A Prolong Program
Educators: Duruş Octavia, Vlaicu Simida

Learning Objective:

- to execute correctly, to order, the complex of movements imposed by the exercises for the selective processing of the locomotor system;
- to go through the application route, respecting the order of the elements of the route;
- to execute correctly the motor movements imposed by traversing the applied route (stepping on logs, jumping on the wheel, pulling on the rope, crawling under the rope, running to the end of the route);
- to react quickly to the sound signal (whistle).

Resources:

- Methods and procedures: conversation, explanation, demonstration, exercise, problematization
- Teaching aids: silhouettes flowers, start and finish, obstacles, logs, rubber wheels, rope, colored banner with the logo of Ion Creangă Kindergarten
- Forms of organization: in teams, individually, frontally

Lesson Outline:**Lesson Introduction:**

Dear children, today we will embark on a wonderful journey, in the Botanical Garden of Jibou, which is 25 km from our city Zalău. We will encounter many interesting plants and trees along the way, as well as obstacles that we will have to avoid.

Main Lesson: Description of the application route: crossing logs, overcoming obstacles (next to tulips), jumping on the wheel, pulling on the rope (up to the walnut), crawling under the rope (next to daffodils), running to the end of the application route (next to fir trees) .

Plenary: Today we played, we had fun, but we also learned about plants and trees that can be seen at the Jibou Botanical Garden and we completed in time a nature trail from the Start point to the End/ Finish point.



Photographs:



