

Unit 1 Resources:

Lesson 1: Had students describe items that were important to who they are

Lesson 2: Commonalities game

Lesson 3: Teaching someone a new skill

Lesson 4: Deciding on a class name and motto

Lesson 3 activity

I can teach someone to...	Some important steps to remember are...	I need to bring...
(Example) Make a paper airplane	<ul style="list-style-type: none">• Use paper without holes• Place a paperclip to the back end to weigh it down when done folding	<ul style="list-style-type: none">• Blank white paper• Paper clip
1.		
2.		
3.		

4.		
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Example of skills:

Knit

Jump rope

Draw an animal or creature

Hula-hoop

Throw a football or basketball

Perform a magic trick

Braid hair

Make jewelry

Make a paper airplane

Play a game

Say something in another language

Do a dance move or gymnastics tumble

Perform a task on the computer

Solve a brain teaser

Whistle

Tell a joke

Act out a line from a favorite movie

Write a haiku or other poem

Create an animal, person, or item with molding clay

Sing a song

In the space provided below, please fill out the following as to why you feel like these skills are ones that you could teach the rest of your classmates.

Why do I feel like I can teach this skill to my classmates:

1.

a.

b.

c.

2.

a.

b.

c.

3.

a.

b.

c.

4.

a.

b.

c.

I can teach someone to...	Some important steps to remember are...	I need to bring...
1. Do a front walkover	Keep your toes pointed No matter how many times you fall always get back up	A mat in case I fall Tumbling shoes Leotard, shorts
2. How to read a book in private	It must be a book you are interested in Make sure no one else is around to bother you Keep your focus on the book	A book Play mat Soothing music Blanket Bookmark
3. How to knit	Remember where your loops are and to be careful to make sure to pull the loop through If you miss a loop on accident it is not the end of the world. Go onto the next one and try again.	Knitting needles Yarn (may need more than one) Scissors Finishing needles
4. How to make chocolate chip cookies	Mix all of the dry and wet ingredients separately and then mix them together Mix the chocolate chips in last	Chocolate chips, flour, sugar, baking powder/salt, salt, spices, butter, eggs

Why did I choose each of these skills:

1. Do a front walkover

a. I was in dance for 10 years and I still remember the basics of it

b. One important thing to remember is to keep your legs as straight as possible and toes pointed.

- c. Will make coming up in the bridge much easier and being able to kick over
- 2. How to read a book in private
 - a. Reading is one of my favorite activities. I feel like I have found the best ways to read a book
 - b. Find a place where you feel the most comfortable where you can read without being too bothered
 - c. Find a book that you are interested in that will hold your interest
- 3. How to knit
 - a. Knitting can be a really relaxing past time that allows people time to focus on just one think and relax.
 - b. I learned how to knit with knitting needles and then also learned how to knit on my arm.
 - c. Can make pot holders, blankets, and scarfs
- 4. How to make chocolate chip cookies
 - a. I love to bake and cook and this is one of the first things I learned how to bake
 - b. Make sure to mix the wet and dry ingredients together separately first and then add them together
 - c. Mix the chocolate chips in last otherwise it is hard to mix the batter together

For this next step you will have to choose between the four skill sets for what you want to “teach” us.

Each of you will be writing down the different steps that the skill will take in order for you to accomplish the task. For example if you choose to make chocolate chip cookies what is the first step in order to be able to make chocolate chip cookies (get all of the ingredients and supplies around so you are not having to look for anything).

As an example I wrote out the steps on how to knit:

- 1. First I need to choose my knitting needles.
 - a. For beginners it is recommended that people start by using wooden needles. Typically the best is 10 inch long bamboo needles. Using this make it easier to use because it makes the material sliding off the needle harder. As a beginner the last thing you want is for you yarn to keep sliding on the needle or to slide off.
- 2. Next you need to choose your yarn. For beginners it is recommended that you choose yarn that is a medium weight yarn with a smooth finish. You can tell what type of yarn it is by the label on the back that shows the yarn with the words medium on it with a number 4.
 - a. For the yarn that I have notice how my yarn is smooth and doesn't have any details other than the color. This makes it so I can find my loops easier and make my lines smoother.
 - b. When you become more of an expert than you can use the fuzzier yarns.
- 3. In order to start sewing we have to first start by doing something called casting on.
 - a. In order to cast on we have to start by making a slip not. How you do that is by taking the string over your index and middle finger and going around once using your working yarn (the yarn that is still attached to the ball). If you use the piece of yarn that is not attached to the ball your not does not come out with a loop in it.

- b. Once you have your loop put your knitting needle through the loop and pull the loop tight using the working yarn.
 - c. Once you have your first loop on the needle take your left hand (or right hand) and drape the working needle over your four fingers. Close your hand so you make the thumbs up sign.
 - d. Twist your thumb so it wraps around the working yarn and return to the thumbs up position.
 - e. By now your hand should have yarn inside of it and a piece of yarn around your thumb. In your right hand should still be the knitting needle. Take the needle and cross over and pick up the loop by your thumb.
 - f. Pull off your thumb and make sure the yarn is flush up against your needle. Keep doing that until you get your desired length.
 4. Congratulations you have finished making your first row of stitches of knitting.
 - a. The next step would be to continue on and go back into those loops that you created. So picking up your second knitting needle you will need to go in and pick up the stitch closest to the point of the needle.
 - b. When you go into the loop the working yarn should be facing the right. Once inside of the loop the two needles should create an X with the left needle over the right needle.
 - c. Take your working yarn and put it between the two needles. Then with your right needle go down to the top of the loop and pull it off of the left needle. It might be hard to move but once off the needle it completes the stitch.
 5. Once you have your desired length you are ready to cast off or bind off. The reason this is important is because it creates a nice smooth finish for your piece and it won't unwind.
 - a. The first part of this will be you just repeat the same type of stitches that you were doing previously for the first two stitches.
 - b. However once you have two stitches on your right knitting needle grab the stitch furthest from the knitting needle. Pull it up and over the other needle (***)make sure the stitch closest to the point is still there). Once you pull the stitch over the other one the stitch falls away and finishes that particular loop. Repeat this pattern for the remainder of the stitches on the needle.
 6. When you get down to the final stitch on your right needle pull up a little bit so you have a bigger loop. Clip your yarn so it is off of the ball and you have less to work with.
 - a. Put the yarn through through the loop and pull the yarn tightly so the loop goes to the finished product.
 - b. The next step would be to work the ends into finished product.
 7. The reason we do this is to make it so it doesn't become unraveled and it looks nicer.
 - a. Take a finishing needle and put the end of the yarn into the needle. Now we are going to just weave these into already existing stitches so that way it cleans up the edges a little bit. So this part is a bit like taking a needle and thread and weaving it through clothes.
 - b. Once you have both both the cast on and cast off sides your finished with this project and ready to start a new one!

Lesson 4 Activity

Names:

Rockin' Rock Stars

3rd Grade Champions/Champs

Team Crall

Star Gazers

Explorers

Mustangs

Monarchs (Butterflies)

Astronauts/Astronomers

Road Runners

Saguaros

Jackrabbits

Geckos

Kangaroos

FROGS

Chicken Nuggets

Awesome Raspberries

Motto

If we BELIEVE we can ACHIEVE!

Reaching for the Stars!

Never Settle for Less Than Your Best!

Together We Can!

Wonder, Learn, Explore, and Dream!

Learning to LEAD and SUCCEED Together

Riding Brightly into the Future

Teaming Up to Tackle Problems!

Don't Stop Jumping until You Reach the Top!

Let's Saddle Up, Together We Ride

Teamwork is Dream Work!

Hand in Hand, Together We Can!

Friends Reaching Our Goals (FROG)