

Apples, Apples, Apples Lesson Plan

Time	Activity	Organization	Criteria
4 min	Warm-up: partner tag	<ol style="list-style-type: none"> 1. Make sure that you establish boundary lines with cones 2. Each participant needs to find a partner 3. Explain that during this game each participant with only be trying to tag their partner 4. Once the participant's partner is tagged he/she switch roles 	<ul style="list-style-type: none"> • Tag your partner by using a two hand touch between the shoulders and waist (on his/her back) • If you push your partner too hard and/or he/she falls down you will not be able to participate • Play until participants seem to be tired
3 min	Read Apples, Apples, Apples	<ol style="list-style-type: none"> 1. Sit and listen to the story 2. While the instructor is reading the story have another student demonstrate the stations 	<ul style="list-style-type: none"> • Make sure that the participants can listen and see the book but also watch the stations • (Semi-circle in the middle of all of the stations)
	Go to the apple orchards and decide what you want to make with your apples: gallop/throw	<ol style="list-style-type: none"> 1. Start at the start line and gallop to the Long Hill Orchard Variety Chart (that has been made on a piece of poster board to look like the chart in the book) 2. Once the participants gallop to the chart, have them step and throw apples toward the type of apple they want (choose 3) 3. Have participants pick their favorite apple and place it on your bag (with tape) 4. Clean area before rotating to next station 	<p>Gallop:</p> <ul style="list-style-type: none"> • Step, together, step • Front leg in front of body <p>Throwing:</p> <ul style="list-style-type: none"> • Arm back-throw • Step forward with your opposite foot as your throwing arm and throw • Follow through with your arm across your body

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	Pick the apples: Hit the apple off the tree with your “apple picker” to get the apples off the tree	<ol style="list-style-type: none"> 1. Each participant should stay as close to their spot as possible 2. Have the participants hit the apple off the tee or cone with the apple picker (pool noodle) 3. Make sure there is plenty of space between each striking station 4. Clean area before rotating to next station 	<p>Striking:</p> <ul style="list-style-type: none"> • Stand sideways • Put dominant hand on top of your other hand • Swing arm forward • Step forward towards the apple • Follow through <p>Safety</p> <ul style="list-style-type: none"> • Hitting another participant is not acceptable • Do not hit anyone or anything if someone is too close to the “apple tree”
	Apple Balance: Pick the apples using your feet	<ol style="list-style-type: none"> 1. Pick up apples off the ground by stepping on the apple and lifting your foot to grab it. 2. See if you can stand on one foot without falling 3. Try to hop on one foot to pick up the apples 4. Clean up area before you before rotating to new station 5. Clean area before rotating to next station 	<p>Hopping:</p> <ul style="list-style-type: none"> • Non-support leg swings in pendulum action • Lean forward • Use arms for support/ move in opposition to swinging leg
	Cool down	Sit back on a spot	