

Book Lesson: The Hare and The Tortoise

By: Hali Boss

Lesson Title: The Hare and The Tortoise

Appropriate for grades: K-3

Lesson Length: 20 min

Learning Outcome/Objectives: After a 20 min class, k-2 students will be able to demonstrate locomotor movements by performing as a class to the narrative book reading and music.

Utah Core Curriculum:

Standard 2.D.P.5:

Identify and demonstrate contrasts in tempo and rhythm through movement.

Materials:

- Book “The Hare and The Tortoise”
- Video of lesson: [attach Link](#)

Behavior Expectations/Rules:

- Stay Safe
 - When I ask you to spread out make sure you give yourself enough space that you are not hitting your friends or the walls around you.
- Be Respectful
 - When we dance together today, we will be kind and respectful to our partners and to ourselves.
- Listen Closely
 - When you hear the music or drumming stop, you must freeze!

Lesson Outline:

1) Intro: (2 min)

“Hello, my friends, I am so excited to be with you today! Today we are going to be reading a book titled “The Hare and The Tortoise”. This is an old fable so you may have heard this story before, but today we are going to make it come to life!”

“This story is about taking on a challenge and not giving up.”

2) Read the book (“The Hare and The Tortoise”) (3 min)

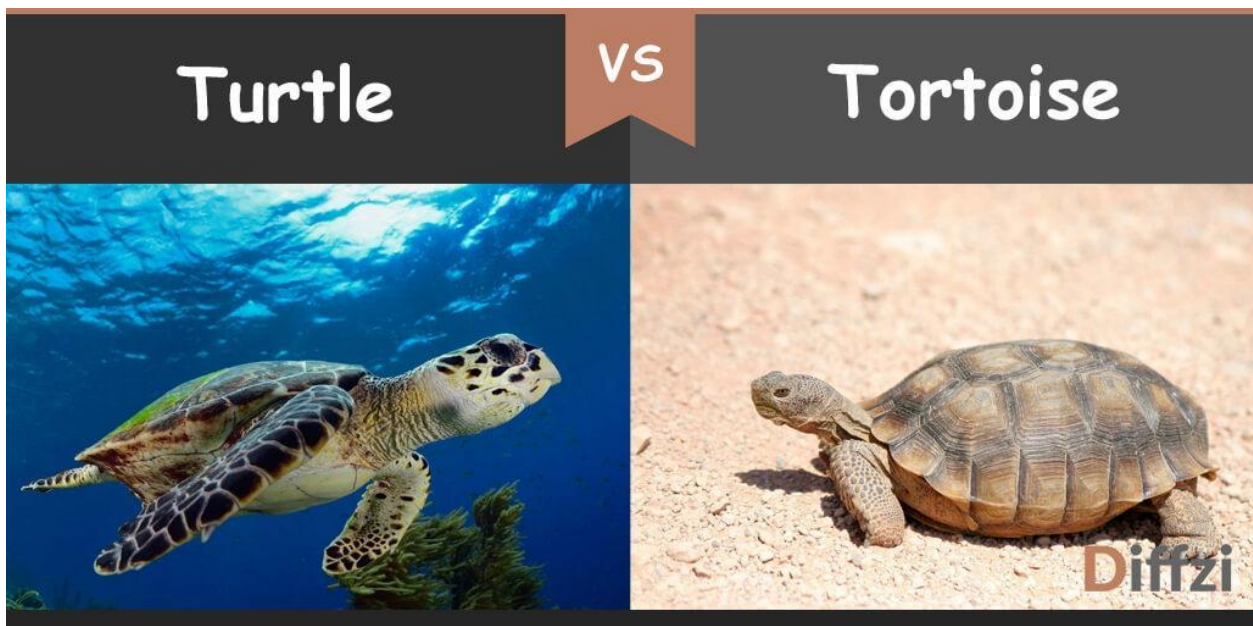
*Make sure everyone can see pictures and you are pronouncing the words.

Explain Hare: For one, they're separate species—and **hares** are bigger, have longer ears, and are less social than bunnies. **Hares** and **rabbits** look similar, and some may hop to the conclusion that they're the same animal.



Tortoises have more rounded and domed shells where **turtles** have thinner, more water-dynamic shells. ... One major key difference is that **tortoises** spend most of their time on land and **turtles** are adapted for life spent in water. **Tortoises** have club-like

forelegs and 'elephantine' hind legs



3) Explore the words and movement potential from the book (8 min)

“Okay my friends! Now that we have read the story we are going to make it come to life with our bodies.”

Story Sections	Movement Ideas/Dialog
<p>“The Hare once boasted of his speed before the other animals.”</p>	
<p>“I have never yet been beaten,” said he, “when I put forth my full speed.”</p>	<p>“Let’s look at the shapes from the animals. Point out Tiny guy in log- peeking out. “When I clap my hands two times show me a small, tiny peeking shape that is peaking with something other than your eyes. It could be your elbow, knee any body part except your eyes.” *Clap, Clap “Now let’s look at the Hare When I clap my hands I want everyone to spread out in the space and Big, Tall Strong Shape with one part of your body up in the air. *Clap, clap “Now use all your muscles to hold that shape.”</p>
<p>“I challenge any one here to race with me.”</p>	<p>“The next page says, “I challenge any one here to race with me.” I am going to read it again and when I say the words Challenge and Me do an explosive jump into the air and land back in your shape.” Get Ready..... read sentence dramatically... “I challenge any one here to race with me.”</p>
<p>The Tortoise said quietly, “I accept your challenge.”</p>	<p>Slow tiny only one body part speaks (vibrates)</p>
<p>“That’s a good joke,” said the Hare. “I could dance around you all the way.”</p>	<p>When I say joke you are going to jump and have five bent parts of your body</p>
<p>“Keep your boasting till you’ve beaten,” answered the Tortoise. “I accept your challenge.”</p>	
<p>So a course was fixed, and a start was made.</p>	<p>Three parts of your body is touching the floor, cannot be the same kind</p>

The Hare darted almost out of sight at once, but	Dancers choice – fast or slow ready set start
Soon stopped, and to show his contempt for the Tortoise,	
Lay down to have a nap.	Skip skip skip skip, Quickly collapse
The Tortoise plodded on and plodded on, and	Slowly – locomotor step – crawl and roll
When the Hare awoke from his nap, he saw the Tortoise just near the winning post and Could not run up in time to save the race.	Gallop – high and quick as possible
Then said the Tortoise,	
“Slow and steady often wins the race.”	With big arms slowly jump up and down in the air.

5) Create and Perform (3.5 min)

Have the students get into groups and have everyone go at a different tempo. Create a dance that travels from one point in the room to another. The dance can be any locomotor steps but must have the slowest person in the group getting to the other side before the rest of the quick people.

6) Wrap up (1.5 min)

Just like the tortoise never give up on what you want to do in life. If you set your mind to it keep going and never give up. When is a time you never gave up? How did you keep going?

