



Antonyms and Synonyms

OVERVIEW

In this lesson, students learn about synonyms and antonyms through physical activity. The teacher calls out a series of commands. First, the students perform the synonyms (the same as the movement called out) and then they go through the same list of commands and the students have to perform the antonym (the opposite of the movement called out). Students are engaged using psychomotor and cognitive skills.

LEARNING OBJECTIVES

Psychomotor

- Students will perform a variety of exercises within the classroom space

Cognitive

- Students will perform the antonyms and synonyms of what the teacher says

Affective

- Students will demonstrate respect for others and their personal space

GRADE LEVEL

3-5

TIME ALLOTMENT

10-15 minutes

MATERIALS

- Pre-made list of commands/activities to call out
 - Walk forward
 - Reach up
 - Stand on one foot
 - Walk at a low level
 - Sit down
 - Stand up
 - Close your eyes
 - Open your eyes
 - Jump side to side
 - Freeze
 - Stretch your arms out wide
 - Walk at a high level
 - Slide to the left
 - Slide to the right

BEFORE THE LESSON

- Briefly review what an antonym and synonym are
 - Antonym= opposite
 - Synonym= same
- Briefly review the activities to be done in the lesson
- Review safety rules: stay in self-space and respect others' movements

DURING THE LESSON

Part 1: "I do"

- Teacher will demonstrate how to complete the activity
- Alone, teacher will demonstrate to the class how to perform the antonym and synonym of the command said

Part 2: “We do”

- Instruct students to stand with enough room between them and their peers
- Teacher does another example again with students
- As a class, teacher and students perform the antonym and synonym of the command called out

Part 3: “You do”

- Students will repeat the previous steps without teacher assistance

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