

# **WELCOME TO CHAMPIONEERS!**



**Lesson #2**

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CHAMPIONEERS!

# CAVEMAN ROCK



## Lesson Two

### Lesson Two

#### Copycat-Chameleons

- **Key:** Leaders are Confident
- **Concept:** Conformity

#### Class Agenda

1. Greetings
2. Review
3. **Sing & Swing:** Quarry Rock
4. **Video:** Lesson #2 Conformity
5. **Activity:** Dino-Dough Race
6. **Sing & Swing:** Quarry Rock
7. **Video:** Episode #2 Fishing Makes...
8. Review
9. **Leadership Challenge:**  
Make Dino-Dough

#### Materials

- Play dough

#### Objectives

- **Video:** Fishing Makes the World Go Round
- **Song:** Quarry Rock
- **Lesson:** Be Yourself
- **Game:** Dino-Dough Races
- **Challenge:** Make Dino Dough

#### In a Nutshell

Review/finish *What Makes Me Rock*. Listen to Quarry Rock and learn chorus lyrics. Conformity Lesson. Learn movements to Quarry Rock chorus, then add music. Learn Quarry Rock verse lyrics. Add movements. Add music. Caveman Rock story pt.2. Review both songs.



## Lesson Two - Quick View

	<b>ACTIVITY</b>	<b>TIME</b>	<b>OBJECTIVE</b>	<b>ACTION</b>
<b>1</b>	Greetings	2 min	Set the tone for your class	Learn <i>Champions! Roll Call</i> .
<b>2</b>	Review	3 min	Review <i>What Makes Me Rock</i>	Slowly address any tricky spots from last week without the music. Repeat 2-3 times then sing and dance without music. Add music.
<b>3</b>	Sing & Swing	4 min	<i>Quarry Rock</i>	Listen to song, <i>Quarry Rock</i> . while keeping a steady beat. Learn chorus lyrics by call and response. Learn movements.
<b>4</b>	Video: Lesson #2	5 min	Introduction to peer pressure. Copycats	Intro: Bonus Chameleon video. Discussion: How people can be molded to resemble those around them. Watch Dino-Dough.
<b>5</b>	Opt. Activity	3 min	Dino-Dough	Dino-Dough Race.
<b>6</b>	Sing & Swing	5 min	Reinforce <i>Quarry Rock</i>	Very slow. Fix any mistakes. Then faster until at tempo. Add music.
<b>7</b>	Video: Episode #2	4 min	Fishing Makes the World go 'round	Sit in Champions! Adventure Theater Circle.
<b>8</b>	Review	3 min	Reinforce	<i>What Makes Me Rock</i> and <i>Quarry Rock</i> . Review lesson.
<b>9</b>	Leadership Challenge	1 min	Reinforce conformity lesson.	Leaders are confident in who they are. Make Dino-Dough and share the lesson of the chameleon with your family.



**DANCE CLICK-CLASS**

# Lesson Details

## 1. Greetings

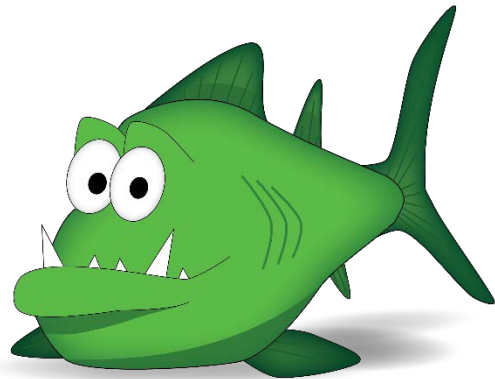
*Champions! Roll Call* then immediately go into review without explanation. Just go right into it with high energy. Show students what to do, don't tell.

## 2. Review

*What Makes Me Rock*. Review lyrics, finish learning all movements if needed.

## 3. Sing & Swing Quarry Rock

- Listen to *Quarry Rock*, while keeping a steady beat.
- Ask students if they know what a quarry is, then explain that the quarry is where Al-x and his friends go fishing.
- Teach the chorus lyrics by call and response.
- Listen again, and have students sing along with the chorus.
- Add movements with the chorus lyrics, then add music.



## LESSON CLICK-CLASS

### 4. Object Lesson Intro Conformity



Enjoy this AMAZING video!

<https://www.youtube.com/watch?v=KMT1FLzEn9I>

Discuss how chameleons change their color depending on what they're around. Share that people can be like that too...not our skin changing, but how we act can change. It's easy to conform to those you spend the most time around. Ask yourself:

- "How do my friends affect me?"
- Do they influence me for the better, or for the worse?"
- "Do my friends make good choices, or not very good choices?"
- Do I want to act like them?"

### Video: Object Lesson #2 Dino-Dough



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### 5. Optional Activity Dino-Dough Race

Have a student volunteer come up to demonstrate conformity using Dino-Dough.

Have the student use the Dino-Dough to make a rock in 20 seconds, then hold it up so everyone can see it. Now, have the students make the dough into a snake. Show the rest of the class. Ask the student if the Dino-Dough is easy or hard to squish into new things. Easy! Al-x, and all of us, are like Dino-Dough...it's easy for us to conform to what's around us, so let's choose friends who help us be our best selves.

## DANCE CLICK-CLASS

### 6. Sing & Swing Quarry Rock

- Practice and review lyrics and movements to *Quarry Rock*. Very slow at first, to fix any mistakes, then speed up to full speed. Don't add music until you've ran through it at least two times--then add music.
- Learn verse lyrics.
- Add music. Sing along with all lyrics and do movements for chorus.
- Learn movements for verse.
- When the music starts, count to two before starting the first movement (this is how students know when to start).
- Finish all movements for verse, add music.

## ADVENTURE THEATER

### 7. Video: Episode #2

Al-x and his friends talk about the Big Annual Fishing Derby coming up and what a big deal it is for cavemen to be the best at fishing. Al-x remembers how he used to go fishing with his dad. Everyday his dad would take him and his friends to the Quarry Rock fishing pond

to practice fishing. Everyone else got fish, but Alex never did. He started to cry and his dad put his arm around him, reminding him that he'll get it-- just keep trying. Make a really big deal out of Al-x never getting a fish, EVER! (For some reason the kids really identified with this and the more we emphasized it, the more into the story they got.) Expand the story to tell the kids, "Once when Al-x wasn't catching any fish, he ran behind a rock to hide his tears, and when he came out to try again, his pole started to wiggle. His friends and his dad all cheered him on as Al-x reeled in his fishing line as fast as he could! Splash! Out of the water came a big wad of sticks and leaves. Poor Alex." Hang your head and sigh.

*Note from Deanna: This is an extremely important part of the story. Tell it with great emotion and allow the students to respond. Once the scene has been set, then play the video.*

### 8. Review:

- Review *What Makes Me Rock* and *Quarry Rock*.
- Review conformity and how we are who we hang around.
- Make a big deal about the next part of the story! KEEP IT A SECRET AND BUILD SUSPENSE!
- Remind students to add Dino-Dough's secret ingredient: "Roar" into the dough!

## LEADERSHIP CHALLENGE



### 9. Leadership Challenge Dino-Dough

Encourage students to make Dino-Dough at home and share with their parents what they learned about copying others. When is it good, and when is it bad?

