pop hop & rock 🕥 🕜 😚 Physical Literacy Program kids move + teachers learn

Pop, Hop & Rock™ Curriculum

Family Activities July Week 3 and 4: Spinner Winner

Equipment

Colored pieces of paper, at least 4"x4"



Set Up	Clear a large area of anything that a dizzy child could bump into. If you have access to outdoor space, play this game outside. Scatter the colored pieces of paper round the play space.
Let's Play!	Child stand in the middle of the play space, with arms stretched out to the side. Call a number, between one and five. The child spins around that many times, counting as he spins. Just as he finishes spinning, call out a color for him to find and touch. Let him come back to equilibrium and then start again.

ChangeSpin a different direction each time.UpSpin then sit down before touching a
color. Spin then crawl to the color.

©Pop, Hop & Rock™ 2020 All Rights Reserved

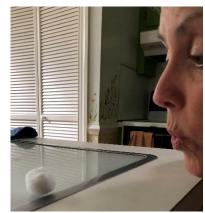


Pop, Hop & Rock™ Curriculum

Family Activities July Week 3 and 4: Breath Games

Equipment

One cotton ball per child A smooth surface, like a floor, table or counter Painters tape to mark start and finish line



Catlle	Line terms to make a start and finish line
Set Up	Use tape to make a start and finish line.
Leťs	Blow the cotton ball from start to finish
Play!	line. How much effort does it take? How
,	far can the cotton ball go in each effort?
Change	If available, try this with a ping pong
Up	ball. How different is it?
	Try on a counter or table and take turns
	trying to use a cup to catch the cotton
	ball or ping pong ball as it goes over the edge.
	Try doing this with a straw, blowing
	through the straw to more carefully direct
	the cotton ball or ping pong ball
	Add obstacles to blow the cotton ball
	around.
	arounu.