

Lesson Plan: August Weeks 1 and 2

TIME: Approximately 10 minutes to do each activity

ACTIVITIES



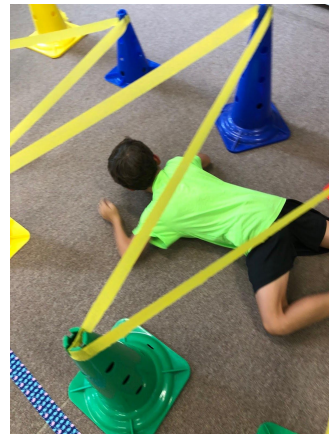
Teacher A: Fire and Ice Tag



Teacher B: Partner Noodle Kick



Family A: Core Strength Activities



Family B: Sneaky Snake

Family Activities are in a separate download for you to send home to parents.

Pop, Hop & Rock™ Curriculum August Weeks 1 and 2

EQUIPMENT	Description and Alternatives	Purchase
Pool noodles, blue and red, more red than blue. Each child will have half	<p>Pool noodles cut in half are terrific tools for tag and eye-hand coordination. Easy to cut with a serrated knife.</p> <p>For health protocols under COVID-19 guidelines, it is better not to use pool noodles since they are difficult to disinfect. Instead, use paper towel tubes wrapped in either blue or red construction paper. This way they can be tossed after they have been used.</p>	Amazon

Pop, Hop & Rock™ Curriculum August Weeks 1 and 2

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher A Fire and Ice Tag	Teacher B Partner Noodle Kick	Family C Core Strength Activities	Family D Sneaky Snake
<i>Perceptual Motor Skills</i>				
Body Awareness	X			X
Directional Awareness	X			X
Spatial Awareness	X	X		X
Temporal Awareness		X		X
<i>Sensory Skills</i>				
Auditory Processing				
Proprioceptive Development	X	X	X	X
Vestibular Development			X	X
Visual Processing	X	X		X
<i>Strength</i>				
Aerobic Strength	X			
Core Strength	X	X	X	X
Grip Strength	X	X	X	
Upper Body Strength	X	X	X	X
Lower Body Strength		X	X	
<i>Other Skills</i>				
Crossing the Midline	X		X	X
Eye-Hand Coordination	X	X	X	
Motor Planning				X
Bilateral Movement	X	X	X	X
Balance	X	X		

See REFERENCE: Skills, Strengths, Motor Movements for more information

TEACHER ACTIVITY A: Fire and Ice Tag
Ages 3-8

GOALS

A high energy game of eye-hand coordination and self-control

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Strength

Aerobic strength
Core strength
Grip strength
Upper body strength

Sensory Skills

Proprioceptive development
Visual processing

Other Skills

Crossing the midline
Eye-hand coordination
Bilateral movement
Balance

EQUIPMENT

1 half-pool noodle for each child, preferably red and blue with a few more reds than blue

HOW TO

Set Up

Scatter pool noodles around the play space.

Transition In

Children stand next to a pool noodle and wait for directions.

Introductory Questions

Is fire hot or cold?

What color do you think of when you think of fire?

Is ice hot or cold?

What color do you think of when you think of ice?

What does fire do to ice?

Explain

Blue noodles are ice, red noodles are fire.

The Game

When I say GO!

All children can tag by touching the feet of other children. Blue ice taggers tag running children and freeze them. Red fire taggers tag frozen children to unfreeze them so they can run again.

Transition Out

Children freeze with their noodles in the middle of the play space.

Change Up

For older children, add a third color, like green. Green can freeze and unfreeze children.

TEACHER ACTIVITY B: Partner Noodle Kick

Age: 3-7

GOALS

Children will work on their kicking skills in this partner activity.

SKILLS

Perceptual Motor Skills

Spatial awareness

Temporal awareness

Strength

Core strength

Grip strength

Upper body strength

Lower body strength

Sensory Skills

Proprioceptive development

Visual processing

Other Skills

Eye-hand coordination

Bilateral movement

Balance

EQUIPMENT

One half pool noodle per child, the color doesn't matter

HOW TO

Set Up Each child has a half-noodle.

Transition In Assign each child a partner

Introductory Questions Are you good at kicking?
Do you think you can kick a pool noodle?

Explain The Game When I say GO! Partner 1 holds his noodle with one end on the ground, the palm of his hand on the other end. Partner 2 kicks the noodle out from under Partner 1's palm. Then they switch jobs.

Next, Partner 1 holds the top of the noodle, with his arm straight out in front of his body. The noodle is perpendicular to the floor, with the bottom of the noodle about even with his knees. Partner 2 tries to kick the noodle. Making contact with the noodle is the key. They switch jobs. After each successful kick, raise the bottom of the noodle a little higher.

Transition Out Return all noodles to their holding place.