

Lesson Plan: August Weeks 3 and 4

TIME: Approximately 10 minutes to do each activity

ACTIVITIES



Teacher A: Pirate Dodgeball



Teacher B: Walk the Plank



Family Activity A: Number Laundry



Family Activity B: Rope Wiggle & Chase

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

Pop, Hop & Rock™ Curriculum August Weeks 3 and 4

EQUIPMENT	Description and Alternatives	Purchase
Balance beam	<p>An opportunity to add balance challenges to games is great for all kids.</p> <p>Alternatives to balance beam: 2x4s, cardboard bricks</p> <p><u>Play with a purpose offers a 10% discount to Pop, Hop & Rock subscribers with this code: P10-PopRockHop</u></p>	<p>Play with a Purpose Amazon</p>
Sponge balls, 3-5 per child	<p>These balls are light and soft and very versatile, but sock balls are a great alternative.</p> <p>For health protocols under COVID-19 restrictions, it is better not to use sponge balls, since they cannot be cleaned. Instead, use balls of wadded up paper that can be thrown into the recycling bin after use or use ball pit balls. Ball pit balls are lightweight, so it is difficult to throw them hard, and they are plastic, so they can be easily disinfected.</p>	<p>Oriental Trading</p>
Cones or some kind of marker, 6-10	<p>9" cones are a versatile toy with many uses for games and delineating space.</p> <p><u>Play with a purpose offers a 10% discount to Pop, Hop & Rock subscribers with this code: P10-PopRockHop</u></p>	<p>Play with a Purpose</p>

Pop, Hop & Rock™ Curriculum August Weeks 3 and 4

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher A Pirate Dodgeball	Teacher B Walk the Plank	Family C Number Laundry	Family D Rope Wiggle & Chase
<i>Perceptual Motor Skills</i>				
Body Awareness		X	X	X
Directional Awareness	X	X	X	X
Spatial Awareness		X	X	X
Temporal Awareness	X	X		
<i>Sensory Skills</i>				
Auditory Processing				
Proprioceptive Development	X	X		
Vestibular Development				X
Visual Processing	X	X	X	X
<i>Strength</i>				
Aerobic Strength				
Core Strength	X	X	X	X
Grip Strength				
Upper Body Strength	X			
Lower Body Strength			X	X
<i>Other Skills</i>				
Crossing the Midline	X	X	X	
Eye-Hand Coordination	X	X		
Motor Planning		X	X	X
Bilateral Movement	X	X	X	X
Balance		X	X	

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

TEACHER ACTIVITY A: Pirate Dodgeball

Ages 3-7

GOALS

A fun game of dodgeball with a twist

SKILLS

Perceptual Motor Skills

Directional awareness

Temporal awareness

Sensory Skills

Proprioceptive development

Visual processing

Strength

Core strength

Upper body strength

Other Skills

Crossing the midline

Eye-hand coordination

Bilateral movement

EQUIPMENT

Balance beam, 2x4s or cardboard bricks

Cones, about 6-10

Sponge balls, about 3-5 per child

HOW TO

Set Up

In the middle of the room, place the balance beam or 2x4 so that it divides the space in half. If using bricks, line them up dividing the space in half. Make sure the bricks are a child's stride length apart.

To further divide the space, use cones to extend the line.

Scatter sponge balls evenly on either side of the balance beam and cones.

Transition In

Divide the children in half, putting half on each side of the room with the balance beam between them.

Introductory Questions

What does a pirate say? (AARRGH!)

What does a pirate shoot out of his cannon? (Cannonballs)

Explain The Game When I say GO!

Children will be pirates throwing cannonballs at the pirates on the other side of the balance beam and cone line. If a child hits a pirate on the other side of the balance beam with a sponge ball, he or she is to yell out "AARRGH!" as loudly as possible.

Transition Out

Children put the sponge balls down and back up as far as possible from the balance beam and cone line.



TEACHER ACTIVITY B: Walk the Plank

Ages 3-7

GOALS

Children will practice balance and throwing in this high energy favorite.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Strength

Core strength

Sensory Skills

Proprioceptive development
Visual processing

Other Skills

Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement
Balance

EQUIPMENT

Balance beam, 2x4 or cardboard bricks for balancing (There is a ladder in the picture, which works great - especially for older kids. But a balance beam is just fine, too.)

Sponge balls, 3-5 per child

HOW TO

- | | |
|--|--|
| <i>Set Up</i> | Remove cones from the floor and make sure there are roughly equal balls on each side of the balance beam. |
| <i>Transition In</i> | Choose one child to be the first pirate to walk the plank. The other children are spread out on both sides of the plank. |
| <i>Introductory Questions</i> | What does a pirate have to do when he has been bad? (walk the plank) |
| <i>Explain The Game When I say GO!</i> | Children will take turns being the pirate who has to walk the plank (balance beam). While the child is walking the plank, the other children are throwing sponge balls (cannon balls) at him from either side of the balance beam. |
| <i>Transition Out</i> | Return all sponge balls to their holding place. |
| <i>Change Up</i> | Throw with the non-dominant hand. |