pop hop & rock Physical Literacy Program kids move + teachers learn Pop, Hop & Rock™ Curriculum

Family Activities August Week 3 and 4: Number Laundry

Equipment

each card

A clothesline rope, thick yarn or twine, about 5-8 feet long 3 sets of number cards: Write one number on each 4x6 or 3x5 card, numbers 1 through 10. Clothespins, enough for



Set Up	Make a clothesline 2-3 feet off the ground. Place all the cards as far away from the line as possible. Place the clothespins in front of the rope.
Let's Play!	Children get one card at a time, run to the rope and clip it anywhere on the rope, shouting the number as they clip it. They will run back and get another card, continuing until all the cards have been hung on the line.
Change Up	Have them sort by number, all the 4's together, all the 1s together, etc. Have each child make a sequence of 1 through 10



Family Activities August Week 3 and 4: Rope Wiggle and Chase

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Equipment

Catlla

The rope you used for Number Laundry Clothesline or similar rope works better for this than yarn or twine.



Set Up	Adult holds one end of the rope with children spread out around.
Let's Play!	Wiggling rope wildly so it snakes all over the floor or ground, keeping it low. The children try to avoid getting tagged by the rope. If they do get tagged, they move to the side and attempt 5 jumping jacks and rejoin.
Change Up	Limit the space in which the child can move, making it harder.
	Place toys on the ground in between you and the end of the rope. Place a bucket out of the reach of the rope. Their job is to get one toy at a time and place it in the bucket without getting tagged by the rope.