Pop, Hop \& Rock ${ }^{\text {mi }}$ Curriculum
December Week 2, A: Snowball fight

## Equipment

Sponge balls, at least 5 per child

| Set Up | Scatter sponge balls around the floor. |
| :---: | :---: |
| Trans-In | Children are in their Starting Position. |
| Intro Qs | Have you ever seen snow before? What can you do with snow? <br> What is something you can make out of snow? <br> If you had a snowball, what are some things you could do with it? |
| Explain <br> The <br> Game: <br> When I <br> say GO! | Children will use sponge balls as snowballs for a snowball fight. They throw snowballs at their friends. They can pick up 1 snowball at a time. |
| Trans-Out | Return all sponge balls to their container and return to the Starting Position. |
| Change Up | After throwing with the dominant hand, try the non-dominant hand. |

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## December Week 2, B: Moose food sorting

Equipment
1 scooter board for every 2-3 children. Or, use paper plates as skates. Sponge balls, 2 per child, in different colors. Buckets in same colors.

> Set Up Line up colored buckets on the opposite side of the room. Scatter sponge balls on the floor by the Starting Position.
> Trans-In Divide children into groups of 2-3, creating teams for each scooter board.
> Intro Qs What do you think a moose eats?
> Explain Scooter boards are sleds, sponge balls
> The
> Game:
> When I say Go!
> Trans-Out
> Change up

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December Week 2, C: Snowball patrol

## Equipment

An incline for children to roll balls down, with the high end about 3 feet off the ground. Rubber playground balls, about 1 per every 3 children.

| Set Up | Place the ramp at one end of the room <br> with plenty of space to chase a ball. |
| :--- | :--- |
| Trans-In | Children form a line by the top of the <br> ramp. |
| Intro Qs | Do you think a snowball will roll? <br> Do you think you could catch it? |
| Explain | A child stands behind the ramp next to <br> the teacher and places a ball at the top. |
| Game:  <br> When I  <br> say Go! On GO! The child lets go of the ball and <br> chases it across the room, catching it <br> and returning it to the teacher as fast as <br> possible before going to the end of the <br> line. <br> Trans-Out Return to the Starting Position.  |  |
| Change | To minimize waiting, add a mini-obstacle <br> course to keep children occupied <br> between turns. Adding a second ball to <br> roll adds to the challenge: children roll |
|  | one ball and then roll a second ball <br> before going to chase both balls at one <br> time. |

pop hop \& rock (3) Aids move + teachers learn Pop, Hop \& Rock ${ }^{\text {TM }}$ Curriculum
December Week 2, D: Sleigh Riding

## Equipment

Pop, Hop \& Rock ${ }^{\text {TM }}$ Winter Pictures, preferably laminated ; Sponge balls, at least 1 per child with a few extra

| Set Up | Use painters tape to stick the Winter <br> Pictures to the wall, about 6 feet high. <br> Scatter sponge balls on the floor in the <br> middle of the room. |
| :--- | :--- |
| Trans-In | Children are in their Starting Position |
| Intro Qs | Do you see anything different taped to <br> the walls? What kind of pictures are <br> they? |
| Explain | The teacher calls out a picture and the <br> children get one sponge ball and throw it |
| The | Game: |
| at that picture. They continue to get one |  |
| When I | sponge ball at a time and throw it at that <br> picture until the teacher calls out the next |
| say Go! | picture. |
| Trans-OutChildren return the balls to their <br> container and return to their Starting |  |
| Change | Position. <br> The pictures will need to be lowered to <br> about 4 feet high for 2 year olds. |

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