

Lesson Plan: February Week 3

TIME: Approximately 20 minutes to do all 4 activities

ACTIVITIES



A: Tree Tag



B: Scooter Board Body Part Movement



C: Scooter Board Friend Pulling



D: Scooter Board Friend Pulling,
Snowball Fight

Pop, Hop & Rock™ Curriculum February Week 3

EQUIPMENT	Description and Alternatives	Purchase
Scooter boards one per every 3 children if possible. Preferably, 1 for every 2 children.	A great investment if you have the funding If you are considering purchasing these, now is the time, Epic Sports has them on sale for about \$10 each!	Epic Sports
Jump rope one per scooter board	Alternative: a 6-foot length of lightweight rope, wide ribbon or clothesline. Dollar stores typically carry clothesline and that will work fine.	Dollar Tree Oriental Trading
Sponge balls at least 4 per child	Sponge balls should be small, lightweight, and come in a variety of colors. Alternative: rolled up socks.	Oriental Trading
Cones 1 for every 4-5 children	You can use poly spots, low cones, or painter's tape.	Amazon

Pop, Hop & Rock™ Curriculum February Week 3

DEVELOPING SKILLS	Lesson Plan Activities			
	A Tree Tag	B Scooter Board Body Part Movement	C Scooter Board Friend Pulling	D Scooter Board Friend Pull w/ snowball
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X	X	X
Directional Awareness	X	X	X	X
Spatial Awareness	X	X	X	X
Temporal Awareness		X		X
<i>Sensory Skills</i>				
Auditory Processing		X		
Proprioceptive Development	X	X	X	X
Vestibular Development		X	X	X
Visual Processing	X		X	X
<i>Strength</i>				
Aerobic Strength	X			X
Core Strength	X	X	X	X
Grip Strength		X	X	X
Upper Body Strength	X	X	X	X
Lower Body Strength	X	X	X	X
<i>Other Skills</i>				
Crossing the Midline		X		X
Eye-Hand Coordination	X	X		X
Motor Planning		X		X
Bilateral Movement		X		X
Balance	X	X	X	X

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

ACTIVITY A: Tree Tag

Ages 3-7

GOALS

Children will get aerobic while practicing balance.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Strength

Aerobic strength
Core strength
Upper body strength
Lower body strength

Sensory Skills

Proprioceptive development
Visual processing

Other Skills

Eye-hand coordination
Balance

EQUIPMENT

None

HOW TO

- Set Up* No set-up required.
- Transition In* Children are in their Starting Position.
Choose one child (or two if there are more than 18 children) to be It.
- Introductory Questions* Do you remember how we did Tree Pose in yoga?
Does everyone know what it means to play tag? Who does the tagging? (only the person who is It.) When we tag, do we push? Do we hit? Do we shove? Do we touch gently?
- Explain The Game When I say GO!* Children all run in a big circle in the same direction. The It child tries to tag the other children. When a child is tagged, she freezes in Tree Pose, staying frozen that way until another child who is not It tags her. Then, she rejoins the game.
Demonstrate by having the It child tag you, then freeze in Tree Pose and ask another child who is not It to tag you so you can run again.
- Transition Out* Have children return to their Starting Position.
- Change Up* For 2 year olds, running is the main point of this game. Have a teacher be It. Tag a child, do Tree Pose with them and then keep running.
For younger 3s, have one teacher be Freezing It and one teacher be Unfreezing It, and encourage the children to try freezing in Tree Pose.

ACTIVITY B: Scooter Board Body Part Movement

Ages 4-8

GOALS

Children will practice numerous skills while controlling the scooter board.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Sensory Skills

Auditory processing
Proprioceptive development
Vestibular development

Strength

Core strength
Grip strength
Upper body strength
Lower body strength

Other Skills

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

EQUIPMENT

1 Scooter board and 1 cone for each team of 4-5 children

HOW TO

- Set Up* Set up 1 lane for each team of 4-5 children, with a scooter board at one end and a cone at the other end.
- Transition In* Divide the children into teams of 4-5 children, lining up by a scooter board.
- Introductory Questions* Have you ever seen a scooter board before? Do you know any safety concerns when using a scooter board? (Never stand on the scooter board, keep hand inside the handles if there are handles, watch fingers under wheels, pull hair up and out of the way of wheels)
Do you think there might be lots of different ways to move a scooter board?
- Explain The Game When I say GO!* Children will take turns moving the scooter board around the cone and back to their line, giving the scooter board to the next person in line and going to the end of the line. Ways to move the scooter board:
- Sit on board and move forward using feet
 - Sit on board and move backwards using feet
 - Two hands on board, and move forward with feet
 - Challenge: Lie on belly and swim forward using hands and feet
 - Challenge: 1 knee on board and move forward with other foot
 - Challenge: 2 feet on the board in plank position using hands to move forward
- Transition Out* Children return scooter boards and cones to their storage and go to their Starting Position.
- Change Up* Younger children: team relays are challenging. Just make sure everyone gets a turn. Do only the first 3 ways to move.

ACTIVITY C: Scooter Board Friend Pull

Ages 4-8

GOALS

Children will build upper body strength and cooperation pulling their friends on scooters.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Strength

Core strength
Grip strength
Upper body strength
Lower body strength

Sensory Skills

Proprioceptive development
Vestibular development
Visual processing

Other Skills

Balance

EQUIPMENT

One scooter board and one jump rope for every pair of children.

HOW TO

- Set Up** Scatter scooter boards around the center of the room with a jump rope on each one.
- Transition In** Have children skip around the room while you set up the boards/ropes. When you say STOP, they go to a board, 2 children for each board. Note: if you only have a few boards, either allow two children to pull one child, or make it a team relay.
- Introductory Questions** Do you think you are strong enough to pull a friend on a scooter board? Do you think it is easy to sit on a scooter board while a friend pulls you? Would you like to give it a try?
- Explain The Game When I say GO!** One scooter partner sits cross-legged on the scooter board, holding both ends of the jump rope. The pulling partner holds the middle of the jump rope and pulls with just enough force to move the scooter without pulling the scooter partner off the board. The scooter partner needs to exert enough resistance to keep the rope taut and stay upright on the board. As they get more comfortable in their roles, they might try going a little faster, being mindful of other friends and the space. After a while they switch jobs.
- Transition Out** Children return jump ropes to their storage containers and return to the middle of the room. Teacher collects half the scooter boards.
- Change Up** Younger children lie on their bellies on the board and have a teacher or another child pull them.

ACTIVITY D: Scooter Board Friend Pull with a Snowball Fight

Ages 4-8

GOALS

Children will practice just about every strength and skill when snowballs are added into the mix.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Sensory Skills

Proprioceptive development
Vestibular development
Visual processing

Strength

Aerobic strength
Core strength
Grip strength
Upper body strength
Lower body strength

Other Skills

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

EQUIPMENT

One scooter board for every 4 children
One jump rope per scooter board
Sponge balls, about 4 per child

HOW TO

- Set Up** Distribute scooter boards around the floor with a jump rope on each one. Scatter sponge balls around the floor.
- Transition In** Send 2 children to each scooter board - 1 to sit and 1 to pull.
- Introductory Questions** What have we used these sponge balls for in the past? Could we use them as snowballs again? Are you ready to have a snowball fight?
- Explain The Game When I say GO!** All of the children will have a snowball fight, throwing 1 ball at a time. The pulling children have to pull the scooter to the sponge balls so their scooter partner can get a sponge ball to throw. The children off the boards and run to the balls to throw them. After a while, have children switch jobs.
- Transition Out** Return all scooter boards, ropes and sponge balls to their containers.
- Change Up** For younger children, teachers can pull one or two children (lying on their bellies) while the rest throw snowballs at the scooter riders.