

Lesson Plan: February Week 4

TIME: Approximately 20 minutes to do all 4 activities

ACTIVITIES



A: Squigz



B: Space Invaders Challenge



C: Space Invaders



D: Yoga Musical Chairs

EQUIPMENT	Description and Alternatives	Purchase
<p>Squigz</p> <p>At least 24, preferably 50 if you have more than 6 children in your class</p>	<p>A fun toy with suction cups on each end to stick to smooth surfaces. These are pricey and might be beyond your budget. Activity A has an alternative game using clothespins and poly spots to play if you don't have access to Squigz.</p>	<p>Fat Brain Toys</p>
<p>Buckets</p> <p>3, any color</p>	<p>Any cheap, plastic buckets, bins or large bowls will do.</p>	<p>Dollar Tree</p>
<p>Poly spots</p> <p>at least 12</p>	<p>Vinyl circles, about 9 inches in diameter in a variety of colors. They are versatile and durable, sticky enough to stay put on the floor and hefty enough to use as a steering wheel or balance on a hand. If you have the funds, these are worth the investment.</p> <p>Alternatives: You can cut circles out of sheet vinyl, cheap placemats, shelf liner or non-skid rug liners. Or you can mark places on the floor with painters tape.</p>	<p>Toledo PE Supply</p>
<p>Cones</p> <p>at least 12 cones</p>	<p>Cones come in different sizes and weights. Cones are repeatedly stepped on, so durable cones with some flexibility are preferable for the long term. A 7-10" cone works best.</p> <p>Alternative: You can use large plastic cups.</p>	<p>Amazon or Dollar Tree, but they aren't as durable</p>
<p>Low cones</p> <p>15 - 24 cones</p>	<p>Low cones are great markers for space, but can also be holders for small balls or spots. They can be used upside down or right side up or used used in stacking games. They are usually low priced - a good investment.</p> <p>Alternatives are painters tape, but <i>feeling</i> the cone under foot is a better indicator of space.</p>	<p>Amazon</p>

EQUIPMENT, continued	Description and Alternatives	Purchase
<p>Small playground balls</p> <p>1 per child with 3-5 extra</p>	<p>5" playground balls are better for smaller hands, rather than the traditional larger size.</p> <p>You can use beach balls as an alternative, but they do not throw as well as the heftier playground balls. You can also get balls at the dollar store, but they do not last very long and tend to get lumpy. If you have the funds, it is worth the investment to get the higher quality playground balls.</p>	<p>Amazon</p>
<p>Pop, Hop & Rock™ Yoga cards</p>	<p>Laminate cards for durability.</p>	<p>See downloads on Curriculum page</p>
<p>Music</p>	<p><i>Move It</i> from the Madagascar movie is a great choice, but any fast-paced songs will do.</p>	<p>Itunes</p>

Pop, Hop & Rock™ Curriculum February Week 4

DEVELOPING SKILLS	Lesson Plan Activities			
	A Squigz	B Space Invaders Challenge	C Space Invaders	D Yoga Musical Chairs
<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	
<i>Sensory Skills</i>				
Auditory Processing				X
Proprioceptive Development	X	X	X	X
Vestibular Development				X
Visual Processing	X	X	X	X
<i>Strength</i>				
Aerobic Strength	X			
Core Strength	X			X
Grip Strength	X		X	X
Upper Body Strength	X		X	X
Lower Body Strength				X
<i>Other Skills</i>				
Crossing the Midline			X	X
Eye-Hand Coordination	X		X	
Motor Planning		X	X	
Bilateral Movement			X	X
Balance		X		X

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

ACTIVITY A: Squigz
Ages 2-6

GOALS

Squigz are great suckers for getting kids aerobic.

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

Eye-hand coordination

EQUIPMENT

At least 24 Squigz

3 buckets

A smooth surface, like a table, for sticking the Squigz - about chest high to the children

HOW TO

Set Up

Stick the Squigz to a table at one end of the room. Place two buckets, a few feet apart, at the other end of the room.

Transition In

Children are standing in their Starting Position.

Introductory Questions

(pointing to a Squig) Does anyone know what this is called? What does it mean "to stick" to something? Do you think it would be hard to pull these off the table?

Explain The Game When I say GO!

Children will pull one Squig at a time off the table, run across the room, and put it in either bucket.

The teacher uses the third bucket to collect the Squigz and return them to re-stick them to the table. It works best if 1 teacher ferries the Squigz back to the table while another teacher re-sticks them to the table. Kids love this game, so as long as you continue to re-stick the Squigz, they will continue to run.

Safety note: remind children to look where they are going when they turn from pulling a Squig off the table or after they have dropped a Squig in the bucket.

Transition Out

Children return to their Starting Position.

Change Up

For two year olds, you will need a preschool-height table.

If Squigz are not an option, attach clothespins to poly spots and put them on a table. Have children remove clothespins and deposit them in the buckets.

ACTIVITY B: Space Invaders Challenge

Ages 2-6

GOALS

Children will practice judging their personal space.

SKILLS

Perceptual Motor Skills

Body awareness

Directional awareness

Spatial awareness

Sensory Skills

Proprioceptive development

Visual processing

Other Skills

Motor planning

Balance

EQUIPMENT

At least a dozen cones

At least a dozen poly spots

HOW TO

Set Up

Scatter cones at one end of the room in a haphazard cluster with about 2 feet between each cone and 1 poly spot on top of each cone.

Transition In

Children are in their Starting Position.

Introductory Questions

Do you see all my spaceships balanced on the cones?

Do you think you can move through the spaceships without knocking them off?

Explain The Game When I say GO!

Children will take turns moving through the spaceships, being careful not to knock them off the cones.

Transition Out

Children return to their Starting Position.

Change Up

Move the cones closer together to make it more challenging.



ACTIVITY C: Space Invaders

Ages 3-8

GOALS

Children will practice numerous forms of eye-hand coordination.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Strength

Grip strength
Upper body strength

Sensory Skills

Proprioceptive development
Visual processing

Other Skills

Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement

EQUIPMENT

At least a dozen cones; At least a dozen poly spots; 15 - 24 low cones; Small playground balls, 1 per child with 3 - 5 extras

HOW TO

Set Up

Set up is similar to Space Invaders Challenge, but the cones are farther apart - about 3 feet or so. Set them up in front of a wall. Line up low cones in a row 4-6 feet away, with children and playground balls behind that row of low cones.

Transition In

Children stand behind the row of low cones, which are now between them and the space ships.

Introductory Questions

Are my spaceships in new places? Do you think you can knock the spaceships off the cones?

Explain The Game When I say GO!

Children roll the balls, underhand, to try to knock the spots off the cones. If they are successful, they go put the spot back on the cone and collect a ball, returning to the other side of the low cones to try again. If they are not successful, they can either use an available ball that is behind the low cones, or go retrieve a ball and return to the throwing space behind the low cones to try again.

Transition Out

Pick up all equipment and return to their containers.

Change Up

For older children, several could be act as guards to protect the spaceships, standing between the spaceships and low cones.
For 2 year olds, place the cones (without the spots) on top of a table and have them throw balls to knock them off the table.

ACTIVITY D: Yoga Musical Chairs
Ages 3-7

GOALS

Children will practice yoga poses while honing their listening skills.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Sensory Skills

Auditory processing
Proprioceptive development
Vestibular development
Visual processing

Strength

Core strength
Grip strength
Upper body strength
Lower body strength

Other Skills

Crossing the midline
Bilateral movement
Balance

EQUIPMENT

Pop, Hop & Rock™ Yoga Cards with children doing yoga poses
One poly spot for each card
Music, "I Like to Move it Move it" from the Madagascar movie or any other upbeat music

HOW TO

- Set Up** Lay the spots out in a big circle, one child's stride apart. Put a yoga card with the picture of the child doing the pose inside the circle by each spot.
- Transition In** Ask the children to come stand on a poly spot
- Introductory Questions** What are the children on the cards doing? Do you think you can do these yoga poses and make your body look like theirs?
- Explain The Game When I say GO!** When the music is playing the children step from spot to spot around the circle. When the music stops, the children do the pose they see in front of them, attempting to make their bodies look like the body they see on the picture.
- Transition Out** Children pick up the cards and spots and return them to their containers.
- Change Up** If there are more children than there are cards, just lay the cards out in a big circle. When the music stops, they work on the pose closest to them, so several kids may be doing the same pose.
For younger children, just hold the cards in a stack and let them take turns picking cards. Then together practice the same yoga pose.