

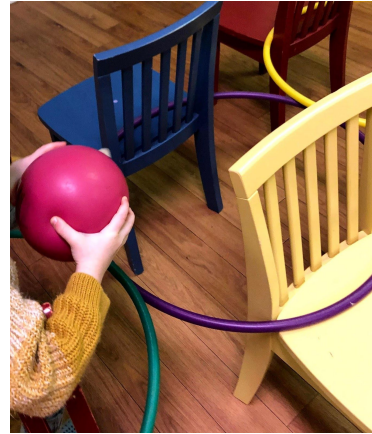
Lesson Plan: February Week 2

TIME: Approximately 20 minutes to do all 5 activities

ACTIVITIES



A: Cupid Tag



B: Valentine Delivery



C: Balloon Partner Carry



D: Balloon Belly Run



E: Balloon Partner Bop

Pop, Hop & Rock™ Curriculum February Week #2

EQUIPMENT	Description and Alternatives	Purchase
<p>Low cones About 24 to mark space</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>
<p>Poly Spots About 24</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>Sponge balls 2 balls per child</p>	<p>Sponge balls should be small, lightweight, and come in a variety of colors.</p> <p>Alternative: rolled up socks.</p>	<p>Oriental Trading</p>
<p>Half pool noodle</p>	<p>A traditional pool noodle, cut crosswise in half into a more child friendly size.</p>	<p>Foamnoodles.com Walmart, Dollar Tree</p>
<p>Playground balls 2</p>	<p>Smaller versions of the playground balls.</p> <p>Alternative: bean bags</p>	<p>Amazon</p>
<p>Balloons 1 for every 2 children</p>	<p>It is best not to skimp on balloons. Cheaper balloons pop more easily. If balloons are not an option at your school, small beach balls work too.</p>	<p>Target Party store Craft store</p>
<p>Newspaper 1 piece for every 2 children</p>	<p>A full sheet of newspaper. Best to have some extra in case pieces rip while you are playing. You can use newsprint easel paper as an alternative.</p>	

EQUIPMENT, continued	Description and Alternatives	Purchase
Items to build an obstacle course for ACTIVITY B: Valentine Delivery Some suggestions		
Hula hoops	24" hoops are the best for small preschool bodies. We love Pull Buoy hoops because they don't kink and are worth the investment. Dollar Tree does carry them, but they don't withstand the preschoolers as well as the Pull Buoy ones.	School Specialty
Balance Beam	A traditional school supply balance beam is great, but you can easily use 2x4s or cardboard bricks.	Health Products for You Amazon
Stability discs	We love our stability discs but recognize that they are an investment. Bean bags are a great alternative.	Revalue Fitness Equipment
Cones	9" cones, about a dozen. Alternative: empty plastic bottles	Amazon
Scooter boards	A great investment if you have the funding	Epic Sports
Tunnels	Another great investment if you have the funding	Ikea

Pop, Hop & Rock™ Curriculum February Week #2

DEVELOPING SKILLS	Lesson Plan Activities				
	A Cupid Tag	B Valentine Delivery	C Balloon paper Carry	D Balloon Belly Run	E Balloon Partner Pop
<i>Perceptual Motor Skills</i>					
Body Awareness	X	X	X	X	
Directional Awareness	X	X	X	X	X
Spatial Awareness	X	X	X	X	X
Temporal Awareness	X	X			X
<i>Sensory Skills</i>					
Auditory Processing			X		
Proprioceptive Development		X	X	X	X
Vestibular Development	X	X			
Visual Processing	X	X	X	X	X
<i>Strength</i>					
Aerobic Strength	X				
Core Strength	X	X		-	
Grip Strength		X			
Upper Body Strength	X	X			X
Lower Body Strength	X	X			
<i>Other Skills</i>					
Crossing the Midline	X	X			X
Eye-Hand Coordination	X	X			X
Motor Planning		X	X	X	X
Bilateral Movement	X	X			X
Balance	X	X	X		

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

ACTIVITY A: Cupid Tag

Ages 4-8

GOALS

Children will get aerobic while practicing throwing skills.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Sensory Skills

Vestibular development
Visual processing

Strength

Aerobic strength
Core strength
Upper body strength
Lower body strength

Other Skills

Crossing the midline
Eye-hand coordination
Bilateral movement
Balance

EQUIPMENT

½ Pool noodle; Low cones or some other means of marking space; 24 poly spots; sponge balls - 2 per child

HOW TO

- Set Up* Use low cones to create two large circles, one inside the other with about 2 feet between them, making a large donut shape. Scatter poly spots in the outer circle and sponge balls around the outside of the outer circle.
- Transition In* Divide children into 2 groups, with half inside the smaller circle and half outside the larger circle.
- Introductory Questions* What kind of day is February 14? Have you ever heard of Cupid? What does Cupid do?
- Explain The Game When I say GO!* In Cupid Tag, the tagger turns the children in the inside circle into arrows. The children outside the larger circle free them by hitting them with sponge balls.
- One child from the inner circle is **It** and will be the tagger, running with a half noodle between her legs like a stick horse. She tags friends in the inner circle. Tagged children move to a poly spot inside the outer circle and freeze in airplane pose like an arrow in flight (stand on one foot, lean forward, take the other foot behind, arms by his sides, and balance). The children on the outside must not cross into the circles. They throw sponge balls at the arrows to free them to return to the inner circle. Children in the inner circle toss the sponge balls back outside both circles.
- Once the game has been played for a few minutes, have children switch jobs.
- Transition Out* Children will put the equipment away and return to the Starting Position.
- Change Up* For younger children, use spots to divide space in half. ½ the children are on one side with the sponge balls. The other ½ are on the other side with the teacher as the tagger. Tagged children do tree pose on a spot until hit with a sponge ball.

ACTIVITY B: Valentine Delivery
Ages 2-6

GOALS

Generally, an obstacle course challenges all the skills. In this case, it is more challenging by carrying a ball through the course.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Sensory Skills

Proprioceptive development
Vestibular development
Visual processing

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

2 small playground balls
Obstacle course equipment - suggestions: cones, hoops, stability discs, bean bags, balance beams, chairs, scooter boards, dowels, thick cushions, tunnels...

HOW TO

- Set Up* Set up an obstacle course with whatever equipment you have. Some ideas: Link hoops over 2 chairs placed back to back and have children crawl or scooter under. Use stability discs, cushions or bean bags to walk on. Use balance beams to balance along or jump over. Use dowels to step or jump over or crawl under.
- Transition In* Children line up at the starting line. If there are a lot of children, make two starting lines, one halfway through the course.
- Introductory Questions* What do you deliver to people on Valentine's Day?
- Explain The Game When I say GO!* Today we are going to deliver our valentines (playground balls) by carrying them through this obstacle course. Demonstrate the order of the course.
- Transition Out* Children help pick up the equipment and return to the Starting Position.
- Change Up* For older children, don't demonstrate the activities. Instead, let them figure it out or create their own.

ACTIVITY C: Balloon Paper Carry
Ages 3-8

GOALS

Children will work with a partner to achieve a goal.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Other Skills

Motor planning
Balance

Sensory Skills

Auditory processing
Proprioceptive development
Visual processing

EQUIPMENT

1 balloon or small beach ball and 1 sheet of newspaper for every 2 children

HOW TO

<i>Set Up</i>	No set-up required.
<i>Transition In</i>	Pair the children with a partner and have them stand at one end of the room.
<i>Introductory Questions</i>	Do you think it is possible to carry this balloon on a piece of paper? Do you think you could work with a friend to do it?
<i>Explain The Game When I say GO!</i>	Partners face each other and each holds the short end of the newspaper so the length of the paper is between them. Remind them to hold the paper carefully so it doesn't rip. Place a balloon on the newspaper. The children then work together to keep the balloon on the paper as they move across the room. Demonstrate with another teacher so you can show how you have to move carefully to keep the balloon on the paper and to keep the paper from ripping.
<i>Transition Out</i>	Return the newspaper to the teacher and take the balloon and partner back to the Starting Position.
<i>Change Up</i>	A balloon is more challenging to keep on the paper than a beach ball, so use a beach ball for younger children and a balloon for older children.

ACTIVITY D: Balloon Belly Run
Ages 3-7

GOALS

Children will work together to achieve a goal.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Other Skills

Motor planning

Sensory Skills

Proprioceptive development
Visual processing

EQUIPMENT

1 balloon or beach ball for each pair of children

HOW TO

<i>Set Up</i>	No set-up required.
<i>Transition In</i>	Pairs of children are in the Starting Position with a balloon or beach ball.
<i>Introductory Questions</i>	Do you think it is possible to get this balloon to the end of the room without using hands or feet? How do you think you might do it?
<i>Explain The Game When I say GO!</i>	Two children face each other and put the balloon on their bellies, pressing gently to hold it in place. Together they will move to the other end of the room carrying the ball with their bellies only.
<i>Transition Out</i>	Children go to the middle of the room with their partner and balloon.
<i>Change Up</i>	This game is easier using a beach ball, so use a beach ball for younger children. For older children, start with a beach ball and then have them attempt the balloon.

ACTIVITY E: Balloon Partner Bop
Ages 4-8

GOALS

Children will pass a balloon back and forth between partners.

SKILLS

Perceptual Motor Skills

Directional awareness
Spatial awareness
Temporal awareness

Sensory Skills

Proprioceptive development
Visual processing

Strength

Upper body strength

Other Skills

Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement

EQUIPMENT

1 balloon for each pair of children

HOW TO

- | | |
|--|---|
| <i>Set Up</i> | No set-up required |
| <i>Transition In</i> | Children stand in the middle of the room with a partner and one balloon between them. |
| <i>Introductory Questions</i> | What happens if you hit a balloon up? Does it come down faster than a ball or slower than a ball? If you hit a balloon to a friend, do you think your friend would have time to catch it? |
| <i>Explain The Game When I say GO!</i> | Demonstrate how to bop the balloon by hitting it up with a flat palm. Partners stand facing each other, about an arm's distance apart. They take turns bopping the balloon to the partner and the partner trying to catch it before it hits the floor. Once each partner has successfully caught the balloon, they take a step backwards to make the distance between larger. |
| <i>Transition Out</i> | Children return the balloons to their container and line up to leave. |
| <i>Change Up</i> | For younger children, a teacher will bop the balloon in the air and have the children take turns trying to catch it before it hits the ground. |