



## February Week 3, A: Tree Tag

## Equipment

None

<i>Set Up</i>	No set-up required.
<i>Trans-In</i>	Children are in their Starting Position. Choose one child (or two if there are more than 18 children) to be It.
<i>Intro Qs</i>	Do you remember how we did Tree Pose in yoga? When we tag, do we push? Do we hit? Do we shove?
<i>Explain The Game: When I say GO!</i>	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 until another child tags her. Then, she rejoins the game. Demonstrate before starting the game.
<i>Trans-Out</i>	Have children return to their Starting Position.
<i>Change Up</i>	For 2s: 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, encourage the children to try freezing in Tree Pose.



## February Week 3, B: Scooter Board - Body Part

## Equipment

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

<i>Set Up</i>	1 lane per team, scooter board at one end, cone at the other end.
<i>Trans-In</i>	Make teams of 4-5 children, lining up by a scooter board.
<i>Intro Qs</i>	Have you ever seen a scooter board before? How can we be safe?
<i>Explain The Game: When I say Go!</i>	Team relay, moving different ways to the cone and back: <ul style="list-style-type: none"> <li>● Sit on board, go forward using feet</li> <li>● Sit on board, go backwards using feet</li> <li>● 2 hands on board, go forward w/ feet</li> <li>● Challenge: Lie on belly and swim forward using hands and feet</li> <li>● Challenge: 1 knee on board and move forward with other foot</li> <li>● Challenge: 2 feet on board in plank position using hands to move forward</li> </ul>
<i>Trans-Out</i>	Children return scooter boards and cones to their storage and go to their Starting Position.
<i>Change Up</i>	Younger children: No relays – just make sure everyone gets a turn. Do only the first 3 ways to move.



## February Week 3, C: Scooter Board – Friend Pull

## Equipment

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

<i>Set Up</i>	Scatter scooter boards around the room with a jump rope on each one.
<i>Trans-In</i>	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.
<i>Intro Qs</i>	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?
<i>Explain The Game: When I say Go!</i>	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. After a while they switch jobs.
<i>Trans-Out</i>	Children return jump ropes to their storage containers and return to the middle of the room. Teacher collects half the scooter boards.
<i>Change Up</i>	Younger children lie on their bellies on the board and have a teacher or another child pull them.



## February Week 3, D: Scooter – Friend – Snowball

## Equipment

1 scooter board and 1 jump rope per 4 children  
4 sponge balls per child

<i>Set Up</i>	Distribute scooter boards around the floor with a jump rope on each one. Scatter sponge balls around the floor.
<i>Trans-In</i>	Send 2 children to each scooter board - 1 to sit and 1 to pull.
<i>Intro Qs</i>	What have we used these sponge balls for in the past? Could we use them as snowballs again?
<i>Explain The Game: When I say Go!</i>	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.
<i>Trans-Out</i>	Return all scooter boards, ropes and sponge balls to their containers.
<i>Change Up</i>	For younger children, teachers can pull one or two children (lying on their bellies) while the rest throw snowballs at the scooter riders.