



## February Week 1, A: Spot Tag

## Equipment

At least a dozen poly spots in a variety of colors

<i>Set Up</i>	Scatter spots all around the room.
<i>Trans-In</i>	Children are in the Starting Position.
<i>Intro Qs</i>	What do you see on the floor? Are they all the same color? Do you think you can be the first one to touch them all and come back to where you are now?
<i>Explain The Game: When I say GO!</i>	Children will touch each spot individually and return to the Starting Position. Remind them to stay on their feet, not their knees. Be careful not to run into friends while touching spots.
<i>Trans-Out</i>	Children return to their Starting Position.
<i>Change Up</i>	Older children: Set a timer – how many spots can they touch in that amount of time? Or, give them a subset of colors – just the blue, green and yellow ones. Younger children: Give them a color to touch and then return to Starting Position.



## February Week 1, B: Battleship

## Equipment

Spots/tape, 12 playground balls, 8 cones

<i>Set Up</i>	Mark two large rectangles with spots/tape, long side parallel to each other, 4-5 feet apart. 1 pin on each corner, 6 balls in each rectangle.
<i>Trans-In</i>	Half of the children are assigned to each rectangular space (battleship).
<i>Intro Qs</i>	Have you ever played the game Battleship? Do you think it is possible to knock down the pins in the corner of the other battleship using a playground ball?
<i>Explain The Game: When I say Go!</i>	Each battleship team uses balls to knock down the 4 pins on other team's ship. 1 foot must stay in ship. If 2 feet step out, 10 jumping jacks and back to ship. 1 shipmate is the life-preserver to collect the balls and return them to the battleship. When one ship has all 4 pins knocked over, all shipmates do 10 jumping jacks, reset pins, restart.
<i>Trans-Out</i>	Children will put all equipment away.
<i>Change Up</i>	Younger children: 1 ship with all children. Line up pins 3-4 feet away, and teacher is life-preserver.



## Pop, Hop &amp; Rock™ Curriculum

## February Week 1, C:Surfing

## Equipment

None

<i>Set Up</i>	No set-up needed.
<i>Trans-In</i>	Children spread out around the room.
<i>Intro Qs</i>	Have you ever been surfing? Have you ever ridden a wave in the ocean?
<i>Explain The Game: When I say Go!</i>	<p>You will narrate/demonstrate the game:          “Sometimes you have to wait a really long time for a wave.”  <i>Sit, knees bent, heels down, leaning back slightly, hands up off the floor.</i>          Look around for a wave and announce, “It is getting choppy!”  <i>Bounce around in the choppy surf.</i>          “Here comes a BIG wave! This is the one! Time to surf!”  <i>Lie belly down, paddle hands and kick (without touching the floor). Hop up onto feet like a surfer, squatting to balance.</i>  <i>Ride the wave all the way to the beach, get off and suggest that you go again.</i>  <i>Repeat. After the last ride, have everyone give each other a high 5.</i></p>
<i>Trans-Out</i>	Have children line up.