

Lesson Plan: January Week 3

TIME: Approximately 20 minutes to do all 5 activities

ACTIVITIES



A: Drive Hoop Cars



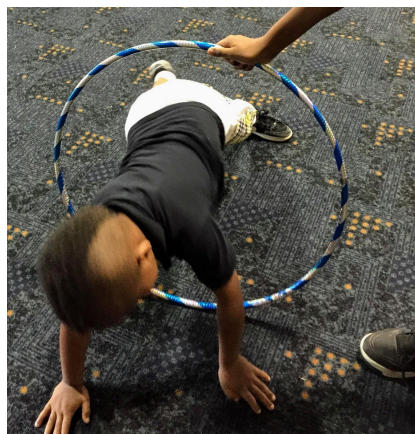
B: Flip the Hoop



C: Hoop Stepping



D: Hoop Jump Rope



E: Partner Hoop Planking

EQUIPMENT	Description and Alternatives	Purchase
<p>Hula Hoops, 1 per child</p> <p>You will need at least 24 hoops for Hoop Stepping</p>	<p>The best hoops are the Pull Buoy Hoops. They are sturdy and not likely to bend when two children pull the sides. They are expensive, but worth the investment.</p> <p>An alternative is Dollar Tree, but you will be buying new ones frequently and they are fairly seasonal.</p>	
<p>Bean Bags, 1 per child</p>	<p>If you are handy with a sewing machine, you can easily make your own out of scrap fabric and beans. Or, put out a call for a crafty parent to make some for you. About 4 inches square is a good size.</p>	
<p>Poly spots, 1 per child</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>	

DEVELOPING SKILLS	Lesson Plan Activities				
	A Drive Hoop Cars	B Flip the Hoop	C Hoop Stepping	D Hoop Jump Rope	E Partner Hoop Planking
<i>Perceptual Motor Skills</i>					
Body Awareness	X	X	X	X	X
Directional Awareness	X	X		X	X
Spatial Awareness	X	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	X	X
<i>Strength</i>					
Aerobic Strength	X				
Core Strength			X	X	X
Grip Strength	X	X		X	X
Upper Body Strength	X	X		X	X
Lower Body Strength	X			X	X
<i>Other Skills</i>					
Crossing the Midline		X			
Eye-Hand Coordination		X			
Motor Planning		X	X	X	
Bilateral Movement		X			
Balance					X

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

ACTIVITY A: Drive Hoop Cars

Ages 2-5

GOALS

Children will practice listening skills and use imagination in this game.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Strength

Aerobic strength
Grip strength
Upper body strength
Lower body strength

Sensory Skills

Auditory processing
Vestibular development

EQUIPMENT

One hula hoop per child

HOW TO

- Set Up* Spread hula hoops out on the floor.
- Transition In* Children go stand in a hoop, one child in each hoop.
- Introductory Questions* Have you ever driven a car? Are you ready to drive one now?
- Explain The Game When I say GO!* Hula hoops are now cars. Children stand inside the hoop, holding on to the sides, and run in the same direction. When the teacher calls out “RED LIGHT,” they stop. When the teacher calls out “REVERSE,” they back up, including the beep-beep-beep sound. When the teacher calls out “GO,” they go forward again.
- Call out and demonstrate these challenges as they drive:
- Curvy road (weave back and forth while moving forward)
 - Bumpy road (hopping up and down while moving forward)
 - Windshield wipers (stop, drop the hoop and move arms back and forth like windshield wipers - don't tell them what is going on, ask them if they can figure it out)
 - Icy road (spin in one direction, then spin in the other direction)
 - Flat tire (hop on one foot)
 - Run out of gas (slowly come to a stop, drop the hoop and ask them what they think might have happened)
- Transition Out* Children put their hoops on the floor and stand in them waiting for Flip the Hoop.
- Change Up* Younger children might not have long enough arms to reach both sides of the hoop. If so, they can use poly spots or paper plates as steering wheels.

ACTIVITY B: Flip the Hoop

Ages 3-8

GOALS

Children will practice throwing in this game.

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

One hoop per child
One bean bag per child
One poly spot per child

HOW TO

- Set Up* Make a line of spots, about 18-24 inches apart, parallel to a wall at one end of the space. Place a bean bag in front of each spot.
- Transition In* Ask the children to bring their hoops and find a spot to stand on. Ask them to put their hoops on the floor so the bean bag is in the middle of the hoop.
- Introductory Questions* Do you know how to throw overhand?
Do you know how to throw underhand?
- Explain The Game When I say GO!* Demonstrate the difference between underhand and overhand. This game is for underhand throwing.
Children start standing on their spots, and toss the bean bag until it lands in the hoop. Then, they flip the hoop, moving away from the spot, so now the hoop is one-hoop-width farther away. They return to their spots and try to toss the bean bag into the hoop. Once they succeed in getting it in the hoop, they again flip the hoop, moving it farther from the spot. Continue
- Transition Out* Return equipment to storage containers, return to Starting Position.
- Change Up* For younger children, just tossing a bean bag into a hoop is challenging enough. No need to move the hoop farther away.

ACTIVITY C: Hoop Stepping

Ages 3-7

GOALS

Children will practice a great deal of body and spatial awareness in this game.

SKILLS

Perceptual Motor Skills

Body awareness

Spatial awareness

Sensory Skills

Proprioceptive development

Vestibular development

Visual processing

Strength

Core strength

Other Skills

Motor planning

EQUIPMENT

At least 24 hula hoops

HOW TO

Set Up

Place the hoops on the floor in a line, overlapping the hoops so there are small, preschool-foot-sized spaces throughout the line of hoops. (See picture on page 1 of lesson plan.)

Transition In

Children are in the Starting Position.

Introductory Questions

Have you ever heard of hot lava?

Explain

The Game

When I say GO!

The hoops are like hot lava and the spaces between the hoops are cool rocks. Your job is to move from cool rock to cool rock without touching the hot lava.

Transition Out

Children return the hoops to the teacher.

Change Up

Make it harder by making the holes between the hoops smaller.
Make it easier by making the holes between the hoops bigger.

ACTIVITY D: Hoop Jump Rope
Ages 4-7

GOALS

Children will work on body awareness in this game.

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

Motor planning

EQUIPMENT

One hula hoop per child

HOW TO

Set Up Spread out the hoops on the floor with as much space between them as possible.

Transition In Children stand in a hoop, one child per hoop.

Introductory Questions Do you know how to jump rope?
Do you think it is possible to jump rope with a hula hoop?

Explain The Game When I say GO! Demonstrating this activity is key.

1. Stand, holding the hoop in front of your body with arms extended in front, both hands on top of the hoop, palms facing down.
2. Tip the bottom of the hoop toward your body, so now the hoop is at an angle.
3. Jump, two feet to two feet, into the middle of the hoop.
4. Flip the bottom of the hoop, which is now behind your body, upward and over your head until it is in front of you again.
5. Repeat.

Transition Out Children put the hoops on the floor and stand inside the hoops for the next game.

Change Up For younger children, make a line of hoops on the floor and have them hop through the hoops.

ACTIVITY E: Partner Hoop Planking
Ages 4-7

GOALS

This is an activity that builds cooperation, upper body and core strength.

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 hoop per two children

HOW TO

Transition In The children are standing in their hoops they just used for Hoop Jump Rope. They get out of the hoops and run in a big circle in the same direction. While they are running, pick up half of the hoops and put them away. Then, tell the children to get in a hoop, two children in each hoop.

Introductory Questions Do you know what partners are? You now have a partner for this game. Do you think you can help your partner play this game?

Explain The Game When I say GO! This game requires demonstration. Have another teacher or a child help you.

1. One child does plank pose (the top of a push up).
2. The other child holds the hoop perpendicular to the floor, close to the floor and in front of the planking child.
3. The planking child step her hands through the hoop, so the hoop is now near her chest.
4. The hoop child walks the hoop down to the planking child's feet.
5. The planking child steps her feet through the hoop so she is outside the hoop completely.
6. They switch jobs.

Transition Out All hoops are returned to their container and children line up to leave.

Change Up Younger children can practice spatial awareness by stepping through hoops held up by teachers, perpendicular to the floor. Add more challenge by holding up two hoops at different heights.