



January Week 1, A: Naked Porcupine

Equipment

1 poly spot per child

At least 5 wooden clothespins per child

<i>Set Up</i>	A line of poly spots one end of the room, clothespins on the floor at opposite end.
<i>Trans-In</i>	Ask children to stand on a poly spot.
<i>Intro Qs</i>	What do porcupines have all over their bodies? What would they look like if they didn't have any quills?
<i>Explain The Game: When I say GO!</i>	Spots are naked porcupines, clothespins are quills. Run across the room, pick up 1 clothespin, run back and attach the clothespin to the spot. Keep going until all the quills are on porcupines.
<i>Trans-Out</i>	Children return spots and clothespins to their containers.
<i>Change Up</i>	For younger children: Play the game with post-its on the wall as the quills. For older children, make it a tag game. 1 or 2 children guard the clothespins. If a child gets tagged while trying to get a clothespin, they go to the side of the room and do 10 jumping jacks before trying again.



January Week 1, B: Crocodile

Equipment

1 hula hoop per child

<i>Set Up</i>	Hoops are laying all over the floor, at least 1 foot apart.
<i>Trans-In</i>	Children find a hoop to stand in.
<i>Intro Qs</i>	Where does a crocodile live? Could there be islands in that swamp?
<i>Explain The Game: When I say Go!</i>	Hoops are safe islands in a swamp. When the teacher says "RUN," the children will run in the same direction around all the hoops until the teacher says "CROCODILE!" Now, the swamp is filled with crocodiles and the safest place to be is on an island/hoop. Each child runs to the closest island while the teacher/crocodile tries to catch them.
<i>Trans-Out</i>	Children remain in their hoops.
<i>Change Up</i>	For younger children who may be scared of crocodiles, substitute "PICKLES" for crocodile. For older children, change the game by removing some hoops while they run. If they can't find a hoop, they do jumping jacks until it is time to run again.



January Week 1, C: Jellyfish

Equipment

3-5 hoops fewer than the number of children

<i>Set Up</i>	Hoops are spread out on the floor.
<i>Trans-In</i>	Children are in hoops after Crocodile, with 3-5 kids to the side.
<i>Intro Qs</i>	Have you ever seen the movie <i>Finding Nemo</i> ? Do you remember when Dory has to swim through all the jellyfish?
<i>Explain The Game: When I say Go!</i>	The room is now an ocean full of jellyfish and the only safe place to be is inside a hoop. The children without a hoop go to a hoop for safety. When they come to a hoop, they say “Jellyfish!” and the person in that hoop has to leave and look for a new hoop. Two main rules: (1) Don’t touch the person in the hoop. (2) Never leave a hoop unless someone gets in the hoop with you.
<i>Trans-Out</i>	Children leave the hoops on the floor and return to the Starting Position.
<i>Change Up</i>	Because this game takes so much self-control, it is not appropriate for 2 and 3 year olds.



January Week 1, D: Hoop Body Part Movement

Equipment

Multiple hoops of different colors

<i>Set Up</i>	If either Crocodile or Jellyfish were just played, hoops should already be on the floor. Be sure there are several hoops of each color.
<i>Trans-In</i>	Children are in the Starting Position.
<i>Intro Qs</i>	Can you point to your nose? Can you point to your elbow? Where is your thumb?
<i>Explain The Game: When I say Go!</i>	For each round, the teacher will tell the children to put a body part on a hoop of a specific color, sharing the hoops with the friends. For example, round 1 could be to put a thumb on a blue hoop. Then return to the Starting Position. Round 2 could be to put an elbow on a yellow hoop. Play multiple rounds, changing the body part and hoop color and returning to the Starting Position between each round.
<i>Trans-Out</i>	Children stand in a hoop and wait for directions.



January Week 1, E: Hoop Ring Toss

Equipment

One hoop per child, poly spots to divide the space, and 1 sturdy adult chair per 3 children.

<i>Set Up</i>	Divide the space in half using poly spots. Make a row of chairs, facing away from the children on one side of spots.
<i>Trans-In</i>	Children bring their hoops stand in the empty half of the space, facing chairs.
<i>Intro Qs</i>	Have you ever been to a carnival? Have you ever seen the game ring toss?
<i>Explain The Game: When I say Go!</i>	Children will be playing a giant ring toss game, tossing their hoops and trying to get them to land on a chair. They must not cross the line to throw, but they can cross the line to go retrieve their hoop and try again.
<i>Trans-Out</i>	Return the hoops to their container and line up to leave.
<i>Change Up</i>	Note: We allow children to continually throw and retrieve hoops, which means that there is a risk of being hit by a hoop. You can have everyone retrieve the hoops at the same time. For younger children: Use beanbags instead of hoops. Children try to land the beanbag in the seat of the chair.