

Lesson Plan: July Weeks 1 and 2

TIME: Approximately 10 minutes to do each activity

ACTIVITIES



Teacher A: Solo Cup/Water Gun Challenge



Teacher B: Duck Duck Splash



Family A: Freeze and Melt



Family B: Manic Movement

Family Activities are in a separate download for you to send home to parents.

Pop, Hop & Rock™ Curriculum July Weeks 1 and 2

EQUIPMENT	Description and Alternatives	Purchase
Solo Cup, 1 per 5 children, with extra on hand	Solo Cups are a great resource. Even though they are easily breakable, they are very inexpensive. Have extra on hand.	Any grocery store Dollar Tree
Water gun	Any water gun that can be held by small hands, to build grip and upper body strength.	<a href="#">Amazon</a> Dollar Tree <a href="#">Walmart</a>
Thin rope or clothesline, one 6-10' length per solo cup	The rope should be fairly lightweight and smooth so the cup can slide along easily. Clothesline would work, and it can usually be found at Dollar Tree.	Any home improvement store Dollar Tree

Pop, Hop & Rock™ Curriculum July Weeks 1 and 2

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher A Solo Cup Water Gun	Teacher B Duck Duck Splash	Family C Freeze and Melt	Family D Manic Movement
<i>Perceptual Motor Skills</i>				
Body Awareness		X		X
Directional Awareness	X			X
Spatial Awareness		X		X
Temporal Awareness	X			
<i>Sensory Skills</i>				
Auditory Processing			X	X
Proprioceptive Development	X		X	X
Vestibular Development		X		
Visual Processing	X	X		X
<i>Strength</i>				
Aerobic Strength			X	
Core Strength		X	X	X
Grip Strength	X			
Upper Body Strength	X	X	X	
Lower Body Strength		X	X	
<i>Other Skills</i>				
Crossing the Midline				
Eye-Hand Coordination	X	X		
Motor Planning				X
Bilateral Movement				
Balance				X

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

TEACHER ACTIVITY A: Solo Cup Water Gun Challenge  
Ages 4-8

GOALS

Children will practice grip strength and eye-hand coordination while they attempt to move the cup down the rope.

SKILLS

**Perceptual Motor Skills**

**Directional awareness**

**Temporal awareness**

**Strength**

**Grip strength**

**Upper body strength**

**Sensory Skills**

**Proprioceptive development**

**Visual processing**

**Other Skills**

**Eye-hand coordination**

EQUIPMENT

1 Solo Cup per 5 children

1 6-10' length of rope per solo cup

Water gun

Easy access to water, or a bucket full of water for water gun refills

HOW TO

*Set Up*

Punch a hole in the bottom of each Solo Cup big enough for the rope to slide through and the cup to freely slide along the rope. Tie the ends of the rope to two sturdy poles, fence posts, etc. Slide the open end of the cup to one end of the rope, and put one full water gun near that end. Each Solo Cup/Rope set up will be for about 5 children.

*Transition In*

Divide the children into groups and line them up at each rope.

*Introductory Questions*

What comes out of this toy? Do you think it is possible to get this cup to move using the water that is coming out of the toy gun?

*Explain The Game When I say GO!*

When I say go, the first person in each line will pick up the water gun and spray it into the cup. When this happens, the cup will move along the rope. The goal being to get the cup all the way to the other end of the rope without using hands, only using the spray from the water gun.

When you have gotten the cup to the end of the rope, slide it back to the beginning, refill your water gun and let the next person go.

*Transition Out*

Put water guns in their storage container.

*Change Up*

For older children, try shooting the water gun with the non-dominant hand.

TEACHER ACTIVITY B: Duck Duck Splash  
Ages 4-9

GOALS

A wet twist on the traditional game

SKILLS

**Perceptual Motor Skills**

**Body awareness**

**Spatial awareness**

**Sensory Skills**

**Vestibular development**

**Visual processing**

**Strength**

**Core strength**

**Upper body strength**

**Lower body strength**

**Other Skills**

**Eye-hand coordination**

EQUIPMENT

1 Solo Cup

Easy access to water or a bucket nearby for refilling the cup

HOW TO

*Set Up*

none

*Transition In*

Children sit down in a circle, like the traditional game of Duck, Duck Goose

*Introductory Questions*

Have you ever played Duck Duck Goose?  
What happens when you get goosed?

*Explain The Game When I say GO!*

This game is similar, but wet. The person who is It will have a full cup of water. They will walk around the circle, behind all the seated children with their cup of water, dipping their fingers into the cup of water and sprinkling the water on the seated children's heads one at a time saying "Duck" each time. Instead of saying "Goose" and touching a child on the head before running, they will say "Splash" and dump the whole cup of water on the child's head. As with the original game, the child who has been splashed will stand up and chase the It child around the circle trying to catch them before they sit in the empty spot left by the chaser. If they get to the space and sit, they are safe and will be the new It. If they get tagged, they go to the middle and the It child repeats the process.

*Transition Out*

Children clean up the space and prepare to leave