	Physical Literacy Program kids move + teachers learn Pop, Hop & Rock [™] Curriculum July Week 1 and 2 For Activity A: Solo Cup/Water Gun		pop hop & r Teac	ock 💿 🗭 Pop, Hop 8 July her Activit
Equipment 1 Solo Cup and 1 water gun per 5 children 1 6-10' length of rope per solo cup A bucket full of water for water gun refills			Equipment 1 Solo Cup Bucket of water fo	
Set Up	Punch a hole in the bottom of each Solo Cup for rope and tie rope to two sturdy poles. Slide the open end of the cup to one end of the rope, and put		Set Up	None
			Trans-In	Children traditiona
	one full water gun near that end.		Intro Qs	Have you
Trans-In	Divide the children into groups and line them up at each rope.		The v Game: ti When I v say GO! s c c c c c c c c c c c c c c t t	"It" has a walk arou they dip t water and seated ch each time dump the child's he stands up around th empty sp
Intro Qs	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!	The first person uses water gun to spray water into open cup to move it along the rope to the end. Refill water gun for next person.			
Trans-Out	Put water guns in their storage container.			the empt tagged, t
Change Up	For older children, try non-dominant hand		Trans-Out	Children

hand.

tagged, they go in the middle.

the empty space, they are safe. If

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Bucket of water for refilling the cup

July Week 1 and 2 **Teacher Activity B: Duck Duck Splash**

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

Have you ever played Duck Goose?

"It" has a full cup of water. As they

they dip their fingers into the cup of

water and sprinkle the water on the

each time. They say "Splash" and dump the whole cup of water on one

child's head. The splashed child stands up and chase the It child around the circle and back to the

seated children's heads, saying "Duck"

empty spot. If the splashed child sits in

walk around the outside of the circle.

Frans-Out Children clean up the space.

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