pop hop & rock   Physical Literacy Program
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Pop, Hop & Rock™ Curriculum

July Week 3 and 4
Teacher Activity A: Sponge Ball Toss

Equipment
    Sponge Balls, 3-5 per child
    Buckets, bins, tubs and/or trash cans
    Painters tape, poly spots to delineate space

Set Up	Create a line using poly spots or painters tape. Place containers on one side of the line, some closer to the line, some farther away. Scatter sponge balls on other side of line.
Trans-In	Children stand behind the line, by the sponge balls.
Intro Qs	Have you ever seen the game where people toss balls into a bucket?
Explain The Game: When I say GO!	Pick up one sponge ball, stand behind the line and toss it into any one of the buckets. Continue until all the balls are in the buckets, then empty and repeat.
Trans-Out	Clean up space.
Change Up	Assign points to different containers. Older children can keep score. Or, assign an animal to each container.

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Teacher Activity B: Water Relay

Equipment
    Two large buckets of one empty, one full of water; Various pots, buckets and cups to carry water; Various obstacle course supplies

Set Up	Set up your obstacle course. Place full bucket at the starting end with smaller containers, and empty bucket at end..
Trans-In	Children line up at the starting line.
Intro Qs	Can you get all the water from this full bucket to this empty bucket?
Explain The Game: When I say GO!	The first child chooses a container to fill it from the full bucket and carry through the obstacle course and pour into the empty bucket. Return the container to the starting line. Repeat as a relay until all the water is moved to the finish line.
Trans-Out	Children return all the obstacle course items to their containers.
Change Up	Measure how much water is in the starting bucket and see if there is the same amount of water in the bucket at the end.