

Lesson Plan: June Week 1

TIME: Approximately 10 minutes to do Teacher Activities, 10 minutes to do Family Activities

ACTIVITIES



Teacher A: Feed the Bird Tag



Teacher B: Partner Yoga



Family A: Solo Cup Bowling



Family B: Tower Up, Tower Down

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

EQUIPMENT	Description and Alternatives	Purchase
A tumbling mat is helpful but not necessary.		Add link

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher A Feed the Bird Tag	Teacher B Partner Yoga	Family A Solo Cup Bowling	Family B Tower Up, Tower Down
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X	X	
Directional Awareness	X	X	X	
Spatial Awareness	X	X		X
Temporal Awareness		X	X	X
<i>Sensory Skills</i>				
Auditory Processing		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	X
Lower Body Strength	X	X	X	
<i>Other Skills</i>				
Crossing the Midline		X	X	X
Eye-Hand Coordination		X	X	X
Motor Planning			X	X
Bilateral Movement		X	X	X
Balance	X	X		

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

ACTIVITY A: Feed the Bird Tag

Ages 3-8

GOALS

Children will get aerobic moving their bodies in this fast-paced game.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Strength

Aerobic strength
Core strength
Upper body strength
Lower body strength

Other Skills

Balance

EQUIPMENT

None needed

HOW TO

<i>Set Up</i>	None needed
<i>Transition In</i>	Children are in their Starting Position.
<i>Introductory Questions</i>	How do baby birds eat? Who feeds them? What do they eat?
<i>Explain The Game When I say GO!</i>	Everyone is going to be It, so everyone gets to tag. Remember that we don't hit, push or shove when we tag. Remember that we will all run in the same direction while we are playing. If you get tagged, you become a hungry baby bird so you must kneel down in a high kneel (hips over knees) with arms over head clapping as if you are a hungry bird opening and closing his mouth. If you run by someone who is a baby bird, you must drop a pretend worm in the baby bird's and shout "Yummy!" Then the baby bird can get up and run again.
<i>Transition Out</i>	Children return to their Starting Position.
<i>Change Up</i>	If the ground is too rough for kneeling, children can stand on one foot in tree pose and clap their hands over head, or they could squat down to the ground and clap their hands over head.

ACTIVITY B: Partner Yoga

Ages 2-8

GOALS

Children will practice working together while moving their bodies onto and around a friends' body.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Sensory Skills

Auditory processing
Proprioceptive development
Vestibular development
Visual processing

Strength

Core strength
Upper body strength
Lower body strength

Other Skills

Crossing the midline
Eye-hand coordination
Bilateral movement
Balance

EQUIPMENT

A large tumbling mat is helpful but not necessary.

HOW TO

- Set Up* If using a mat, place it flat on the floor.
- Transition In* If using a mat, have children sit around the edges of the mat, or sit in a big circle. Teacher will assist with the first pose.
- Introductory Questions* Do you remember yoga? Do you think it is possible to do yoga with another person?
- Explain The Game When I say GO!* **Lizard Sunning on a Rock:** First child is the rock in child's pose - knees on the ground, sitting on knees, forehead on the floor, and hands beside the body. The second child is the lizard. The lizard sits on the rock by sitting tailbone to tailbone, with adult assistance. Once sitting, the lizard leans all the way back with hands overhead, reaching back toward the floor. Teacher will need to help guide the lizard backwards. Continue with teacher assistance until everyone has a turn.
- Spread out around the room in partners.
- Partner Tree Pose:** Partners stand side by side, shoulders touching, facing the same direction, with inside arms around partner's waist. They lift their outside arms overhead to clasp their partner's hand and lift their outside legs into tree pose legs. Try on the other side.
- Partner Owl Pose:** Children will sit back to back, cross-legged. Each child reaches around and places right hand on partner's left knee, left hand on own right knee, looking over right shoulder. Switch sides.
- Transition Out* Children return to Starting Position.