

Lesson Plan: June Week 4

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

ACTIVITIES



Teacher A: Kangaroo Tag



Teacher B: Yoga Card Draw



Family C: Fun Outdoor Painting



Family D: More Fun Outdoor Painting

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

EQUIPMENT	Description and Alternatives	Purchase
Pool noodles, cut in half	Pool noodles are versatile and inexpensive toys. Cut them in half crosswise using a serrated knife.	Dollar Tree or Walmart in spring and summer. Amazon
Pop, Hop & Rock™ Yoga Cards	These handy cards have a beautiful drawing on one side depicting the pose name and a photo of a child doing the pose on the other side. The two sides have different purposes depending upon the game and they are useful to have. Download them and laminate them for longevity.	Download from curriculum page

DEVELOPING SKILLS	Lesson Plan Activities		
	Teacher A Kangaroo Tag	Teacher B Yoga Card Draw	Family C and D Outdoor Painting
<i>Perceptual Motor Skills</i>			
Body Awareness	X	X	
Directional Awareness		X	X
Spatial Awareness	X	X	X
Temporal Awareness	X	X	X
<i>Sensory Skills</i>			
Auditory Processing		X	
Proprioceptive Development	X		X
Vestibular Development		X	
Visual Processing			X
<i>Strength</i>			
Aerobic Strength	X		
Core Strength	X	X	X
Grip Strength			X
Upper Body Strength		X	X
Lower Body Strength	X	X	
<i>Other Skills</i>			
Crossing the Midline		X	X
Eye-Hand Coordination	X		X
Motor Planning		X	
Bilateral Movement		X	X
Balance	X	X	

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

ACTIVITY A: Kangaroo Tag

Ages 3-9

GOALS

Children will get aerobic in this silly hopping game.

SKILLS

Perceptual Motor Skills

Body awareness

Spatial awareness

Temporal awareness

Sensory Skills

Proprioceptive development

Strength

Aerobic strength

Core strength

Lower body strength

Other Skills

Eye-hand coordination

Balance

EQUIPMENT

One half noodle for each child

HOW TO

Set Up

Noodles are spread out all over the play space.

Transition In

Children are in their Starting Position.

Introductory Questions

How does a kangaroo move?

Questions

What is the name of a baby kangaroo?

Explain

The Game

When I say GO!

Children place a half-noodle between their knees so they must hop to move. Everyone is It and can tag anyone else. If tagged, a child must take the noodle out from between his legs, lie down on the floor and yell: JOEY! After they have yelled "Joey," they jump back up and continue to play.

Note: To help children achieve a tag, define the space in which they can move, making it small enough that they are fairly close to each other and tagging becomes more inevitable.

Transition Out

Return the noodles to their storage place.



ACTIVITY B: Yoga Card Draw
Ages 2-7

GOALS

Children will build strength practicing their yoga poses.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Sensory Skills

Auditory processing
Vestibular development

Strength

Core strength
Upper body strength
Lower body strength

Other Skills

Crossing the midline
Motor planning
Bilateral movement
Balance

EQUIPMENT

Pop, Hop & Rock™ yoga cards or representative pictures of poses, like a picture of a tree to represent tree pose.

HOW TO

<i>Set Up</i>	None
<i>Transition In</i>	Children are spread out in the play space.
<i>Introductory Questions</i>	Do you remember how to do yoga?
<i>Explain The Game When I say GO!</i>	Each child will have a turn drawing a card. Once drawn, the child will name what they see, show it to all of their friends, and then everyone will do the yoga pose together.
<i>Transition Out</i>	Children return to the Starting Position.
<i>Change Up</i>	For older children, challenge them to remember how the pose is done without prompting.