

Lesson Plan: March Week 2

TIME: Approximately 20 minutes to do all 4 activities

ACTIVITIES



A: Frog Tag



B: Scooter Board Carnival



C: Roll Dice, Hop Spots



D: Exercise Dice

Pop, Hop & Rock™ Curriculum March Week 2

EQUIPMENT	Description and Alternatives	Purchase
Hula Hoops 1 for every 2 children	24" hoops are ideal for our play. They are perfect for small bodies, but also challenging for bigger kids. Dollar Tree is an option when hoops are available, but it is worth the investment in hoops that don't bend or kink. Plus, these have a lifetime guarantee!	<a href="#">Play with a Purpose</a>
Scooter Boards At least 3, preferably 1 for every 2 children	12" scooter boards are plenty big for kids, big and small.	<a href="#">Epic Sports</a>
Cones About 12	Small, colorful cones are multipurpose and a good investment.	<a href="#">Amazon</a>
Cheap sand buckets 1 per scooter board	Best to get these at Dollar Tree, but they are seasonal.	<a href="#">Amazon</a>
Jump Rope 1 per scooter board	Jump ropes are great, particularly if you have them on hand. We use basic cotton rope that we have cut into 4-foot pieces and tied the ends.	<a href="#">Amazon</a>
Mini playground balls About 1 per child	We love mini playground balls which are easy for small hands to hold. Regular sized playground balls are better for older children who can throw harder.	<a href="#">Amazon</a>
Poly Spots 15 - 20 spots	Spots that don't slip are key, particularly if you aren't playing this game on carpet. Colored pieces of paper taped to the floor with painters tape can be used as an alternative.	<a href="#">TPES</a>
Large Numbered Die At least 1, preferably 2 - 5	These die are nice because they can be used in many different ways since it is always an option to change what is displayed. An alternative is a square tissue box covered in white paper and numbered on the sides.	<a href="#">Amazon</a>
Pop, Hop & Rock™ Exercise Cards/Die	Download our exercise pictures and glue them to a square tissue box or use this die from Amazon.	<a href="#">Amazon</a>

Pop, Hop & Rock™ Curriculum March Week 2

DEVELOPING SKILLS	Lesson Plan Activities			
	A Frog Tag	B Scooter Board Carnival	C Roll Dice, Hop Spots	D Exercise Dice
<i>Perceptual Motor Skills</i>				
<b>Body Awareness</b>	X	X	X	X
<b>Directional Awareness</b>	X	X	X	X
<b>Spatial Awareness</b>	X	X		X
<b>Temporal Awareness</b>	X	X	X	X
<i>Sensory Skills</i>				
<b>Auditory Processing</b>				X
<b>Proprioceptive Development</b>	X	X	X	X
<b>Vestibular Development</b>	X	X	X	X
<b>Visual Processing</b>	X	X	X	X
<i>Strength</i>				
<b>Aerobic Strength</b>	X	X		X
<b>Core Strength</b>	X	X	X	X
<b>Grip Strength</b>		X		X
<b>Upper Body Strength</b>		X		X
<b>Lower Body Strength</b>	X	X	X	X
<i>Other Skills</i>				
<b>Crossing the Midline</b>		X		X
<b>Eye-Hand Coordination</b>		X		X
<b>Motor Planning</b>	X	X	X	X
<b>Bilateral Movement</b>	X	X		X
<b>Balance</b>	X	X	X	X

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

ACTIVITY A: Frog Tag

Ages 4-8

GOALS

Children will get aerobic while playing this tag game.

SKILLS

**Perceptual Motor Skills**

**Body awareness**  
**Directional awareness**  
**Spatial awareness**  
**Temporal awareness**

**Strength**

**Aerobic strength**  
**Core strength**  
**Lower body strength**

**Sensory Skills**

**Proprioceptive development**  
**Vestibular development**  
**Visual processing**

**Other Skills**

**Motor planning**  
**Bilateral movement**  
**Balance**

EQUIPMENT

1 hula hoop for every 2 children

HOW TO

*Set Up*

Two hula hoops per 4 children on the floor, far apart.

*Transition In*

Children are in their Starting Position. Choose 1-2 children to be the taggers (witches or warlocks) and 1-2 children to be the free-ers (princesses or princes).

*Introductory Questions*

How does a frog move?

If a frog wants to sit in the middle of the pond, what does he sit on?

If a witch turns someone into a frog, how can they be turned back into a person?

*Explain The Game When I say GO!*

The warlocks and witches will be tagging children, turning them into frogs. If a child is tagged, he must hop like a frog to a hoop, which is his lily pad. He is stuck on his lily pad until a prince or princess either blows him a kiss or gives him a high 5. Then, he is free to run again.

*Transition Out*

Pick up the hoops and return them to the storage place. Return to the Starting Position.

*Change Up*

For 3 year olds, have only 1 tagger. If tagged, the child hops like a frog to a lily pad and waits until any other child tags him again to free him. For 2s, have the teacher be the tagger.

ACTIVITY B: Scooter Board Carnival

Ages 4-8

GOALS

Children will practice self-control pulling scooter boards and eye-hand coordination trying to knock buckets off the boards.

SKILLS

**Perceptual Motor Skills**

**Body awareness**  
**Directional awareness**  
**Spatial awareness**  
**Temporal awareness**

**Strength**

**Aerobic strength**  
**Core strength**  
**Grip strength**  
**Upper body strength**  
**Lower body strength**

**Sensory Skills**

**Proprioceptive development**  
**Vestibular development**  
**Visual processing**

**Other Skills**

**Crossing the midline**  
**Eye-hand coordination**  
**Motor planning**  
**Bilateral movement**  
**Balance**

EQUIPMENT

At least 3 scooter boards with handles, but preferably 1 for every 2 children;  
Cones for dividing space; One sand bucket per scooter board; One jump rope or piece of rope about 4 feet long per scooter board; Mini playground balls (about 1 per child)

HOW TO

*Set Up*

Divide the play space in half with a line of cones, with an empty wall as a backstop behind 1 half. Thread a rope through the handle of the scooter boards, and place a bucket upside down on top of the board. Line the boards up along the empty wall. Scatter playground balls in the other half.

*Transition In*

1 child per scooter board with the boards, the rest of the children on the other side of the cones with the playground balls.

*Introductory Questions*

Have you ever been to the fair or a carnival? Did you see the game where the ducks float by and people try to knock them down?

*Explain The Game When I say GO!*

Scooter board children pull the board back and forth like the ducks in the carnival game, while the other children throw playground balls to knock off the buckets. The throwing children must stay behind the cones to throw, but they can come across the cones to collect more balls to throw. If a bucket is knocked off a scooter board, the puller must put it back. Switch jobs.

*Transition Out*

Return all equipment and go back to the Starting Position.

*Change Up*

For 3 year olds, have teachers pull the scooters.

ACTIVITY C: Roll Dice, Hop Spots

Ages 3-6

GOALS

Children will practice counting as they move through this game.

SKILLS

**Perceptual Motor Skills**

**Body awareness**  
**Directional awareness**  
**Temporal awareness**

**Strength**

**Core strength**  
**Lower body strength**

**Sensory Skills**

**Proprioceptive development**  
**Vestibular development**  
**Visual processing**

**Other Skills**

**Motor planning**  
**Balance**

EQUIPMENT

15-20 poly spots

2-5 large die, preferably die that have numbers and not dots on them - you can make these out of square tissue boxes.

HOW TO

*Set Up*

Lay out the spots in a U shape, starting at one end of the Starting Position, and ending at the other end, about 1 preschool hop apart.

*Transition In*

Children are in the Starting Position.

*Introductory Questions*

Have you ever seen dice? What do dice have on them? Can we use dice for counting?

*Explain The Game When I say GO!*

Children roll a die and hop forward that number of spots. Using the same die they will repeat the process until they have moved through all the spots. Then, they go to the end of the line for another turn. With several dice, multiple children can move through the line of spots, one after another.

*Transition Out*

Children pick up the spots and dice and return them to their storage space. Move to the center of the room.

*Change Up*

For younger children, you may need to help them recognize the numbers and count the spots. It will be very hard for them to stop after the right number of hops as they work on the motor planning needed to jump and count together.

ACTIVITY D: Exercise Dice

Ages 3-6

GOALS

Children will practice counting while they do exercises.

SKILLS

**Perceptual Motor Skills**

**Body awareness**  
**Directional awareness**  
**Spatial awareness**  
**Temporal awareness**

**Strength**

**Aerobic strength**  
**Core strength**  
**Grip strength**  
**Upper body strength**  
**Lower body strength**

**Sensory Skills**

**Auditory processing**  
**Proprioceptive development**  
**Vestibular development**  
**Visual processing**

**Other Skills**

**Crossing the midline**  
**Eye-hand coordination**  
**Motor planning**  
**Bilateral movement**  
**Balance**

EQUIPMENT

1 die with numbers; 1 die with Pop, Hop & Rock™ Exercise Cards: pushups, crab dips, sit-ups, squats, jumping jacks and lunges.

HOW TO

*Set Up*

Teacher has the dice.

*Transition In*

Children are spread out in the middle of the room, preferably in a big circle if there is room.

*Introductory Questions*

(holding the die and showing the children one side) What number is this? Repeat for all the numbers.

(Holding the exercise die and showing them one side) What exercise is this? Can you show me that exercise? Repeat for all the exercises. Don't worry about perfection in the exercises. Any attempt is good for building body awareness and strength.

*Explain The Game When I say GO!*

Give each die to a child. On the count of 3, those children toss the die in the air to determine which exercise the class will do, and the number of times they will do it, counting loudly together. Remind the children not to touch the dice when they hit the ground. Give each child a turn to throw one of the dice.

*Transition Out*

Return the dice to their storage place and line up to leave.

*Change Up*

3 year olds can do this game, but may need help with recognizing the numbers and counting.