

Lesson Plan: March Week 3

TIME: Approximately 20 minutes to do all 4 activities

ACTIVITIES



A: Bubble Catching by Team



B: Bobblehead



C: Rodeo



D: Volcanoes vs. Craters

Pop, Hop & Rock™ Curriculum March Week 3

EQUIPMENT	Description and Alternatives	Purchase
Bubbles	Any kind of bubbles will work, but we prefer Pustefix. They make the best and most long lasting bubbles. A little more expensive, but worth it.	<a href="#">Amazon</a>
Battery-powered bubble blower (optional)	Optional, but recommended or you risk a head rush!	<a href="#">Amazon</a>
Wide plastic storage buckets At least 6	More wide and low than high, these buckets are great finds at Dollar Tree and almost always available.	<a href="#">Dollar Tree</a>
Sponge balls 2-3 per child	Any lightweight small ball is fine, but it is key that it is lightweight, because children will probably get hit with them. Sponge balls don't hurt!	<a href="#">Oriental Trading</a>
Rope - at least 12 feet long	We love dock lines. They are heavy duty and serve many purposes.	<a href="#">Home Depot</a>
Low cones 24-45	Low cones make great markers to delineate space.	<a href="#">Amazon</a>

Pop, Hop & Rock™ Curriculum March Week 3

DEVELOPING SKILLS	Lesson Plan Activities			
	A Bubble Catching by Team	B Bobble- Head	C Rodeo	D Volcanoes vs. Craters
<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	X
<b>Temporal Awareness</b>	X	X	X	X
<i>Sensory Skills</i>				
<b>Auditory Processing</b>				
<b>Proprioceptive Development</b>	X	X	X	X
<b>Vestibular Development</b>	X	X	X	
<b>Visual Processing</b>	X	X	X	X
<i>Strength</i>				
<b>Aerobic Strength</b>	X			X
<b>Core Strength</b>	X	X	X	X
<b>Grip Strength</b>		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	X	X
<b>Motor Planning</b>		X	X	
<b>Bilateral Movement</b>	X	X	X	
<b>Balance</b>			X	

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

ACTIVITY A: Bubble Catching by Team  
Ages 2-6

GOALS

Children will get aerobic as they attempt to catch bubbles.

SKILLS

**Perceptual Motor Skills**

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

**Strength**

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

**Sensory Skills**

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

**Other Skills**

**Eye-hand coordination**  
**Bilateral movement**  
**Crossing the midline**

EQUIPMENT

Bubbles, we love Pustefix bubbles. They have the most longevity. It is helpful to have a battery powered bubble blower.

HOW TO

*Set Up*

None.

*Transition In*

Children are divided into two groups at opposite ends of the room. The teacher (or teachers) is standing in the middle of the room with the bubbles.

*Introductory Questions*

What are these? How would you pop one of these? Do you think you could catch one?

*Explain The Game When I say GO!*

The children will be taking turns as a group trying to catch the bubbles the teacher is blowing before they hit the ground. When the bubbles are popped, the other team has a turn.

*Transition Out*

Children return to their Starting Position.

*Change Up*

This is a fun game for outside. It is even more fun if you have wands that make extra-large bubbles. Check the Dollar Tree in the spring for the large bubble wands that come with a tray for the bubble solution and stock up. With the extra-large bubbles, make smaller teams - just 4-5 children - or have more teachers blowing the bubbles.

For the 2 year olds, taking turns as a team will be a challenge. Try having them go one at a time.

ACTIVITY B: Bobblehead

Ages 3-6

GOALS

Children will practice their throwing skills while working on knowing how to judge space.

SKILLS

**Perceptual Motor Skills**

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

**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**

EQUIPMENT

One wide plastic storage bucket for each 4-5 children

3-5 sponge balls per child

HOW TO

*Set Up*

Scatter sponge balls all over the play space.

*Transition In*

Children are in their Starting Position.

*Introductory Questions*

Have you ever seen a bobblehead? Do they have large heads that wiggle?

*Explain The Game When I say GO!*

Several children are going to be bobbleheads. Bobbleheads will hold the buckets on their heads and walk around the room. The other children will try to throw the sponge balls into the bobblehead buckets while they are moving.

Remind children that they must stay back from the bobblehead when they throw. They cannot touch the bucket and they must toss the ball, not drop it into the bucket.

Switch and allow several different groups of children to be bobbleheads.

*Transition Out*

Place all the balls in the buckets. Children return to the Starting Position.

*Change Up*

3 year olds may need assistance with throwing rather than dropping. Put your hand on the child's hand and go through the throwing motion together.

For 2s, a teacher holds the bucket at waist height.

ACTIVITY C: Rodeo

Ages 4-5

GOALS

Children will work on body awareness and self control in this tossing game.

SKILLS

**Perceptual Motor Skills**

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

**Strength**

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

**Sensory Skills**

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

**Other Skills**

**Eye-hand coordination**  
**Motor planning**  
**Bilateral movement**  
**Balance**

EQUIPMENT

6 wide plastic storage buckets; 5 sponge balls per child; A long rope, at least 12 feet

HOW TO

*Set Up*

Place the buckets in a circle that is about 12 feet in diameter. Scatter sponge balls in the middle of the circle.

*Transition In*

Ask children to stand by a bucket, sharing with friends.

*Introductory Questions*

Have you ever been to a rodeo? What does a cowboy try to catch at a rodeo? What does he use to catch the cow or calf?

*Explain The Game When I say GO!*

The teacher (the Cowboy or Cowgirl) stands in the center of the circle holding one end of the rope. The teacher spins in a circle, allowing the rope to swing around the circle close to the floor. The rope MUST be kept low for safety.

Children are calves, and they are going to try to collect the balls and put them in the buckets. They must avoid the rope while collecting the balls. They can either sneak by the rope or jump over it.

*Transition Out*

Return all equipment and go back to the Starting Position.

*Change Up*

For older children, if they are touched by the rope, they must put down the ball they have collected and return to their bucket empty handed to try again.

For elementary age children, tell them they must get a ball and go across the circle to a different bucket each time.

For 3 year olds, two teachers sit on the floor across from each other holding the ends of the rope and wiggling it back and forth with the balls on one side and the buckets on the other. The children must jump over the wiggling rope.

ACTIVITY D: Volcanoes vs. Craters

Ages 4-6

GOALS

Children will get aerobic while they practice eye-hand coordination.

SKILLS

**Perceptual Motor Skills**

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

**Strength**

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

**Sensory Skills**

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

**Other Skills**

**Eye-hand coordination**

EQUIPMENT

25-45 low cones

HOW TO

*Set Up*

Scatter low cones in the middle of the play space. Half of them are right-side up and the other half are upside down.

*Transition In*

Two teams of children on opposite sides of the room.

*Introductory Questions*

What is a volcano? Do you know what a crater is?

*Explain The Game When I say GO!*

We have volcanoes and craters all over the floor. The volcanoes are the cones that are right side up because they look like mountains with a hole in the top. Craters are the cones that are upside down because they look like craters we would see on the moon.

The children on one side of the room are The Crater Team. Their job is to make all the cones turn into craters by turning the volcanoes upside down. The children on the other side of the room are The Volcano Team. Their job is to turn all the craters right side up so they become volcanoes. After the first round, switch teams. Knees cannot touch the floor in this game.

*Transition Out*

Return all the low cones to their storage place and line up to leave.

*Change Up*

To make this harder, have children do the game while bear crawling. For younger children (2-3 years old) put all the cones right side up and have all the children be on The Crater Team. Then, have all the children be on The Volcano Team.