## pop hop & rock Physical Literacy Program kids move + teachers learn Pop, Hop & Rock™ Curriculum

#### March Week 2, A: Frog Tag

Equipment 1 hula hoop for every 2 children				
	Set Up	Place pairs of hula hoops on the floor, far apart.		
	Trans-In	Children are in the Starting Position. Choose 1-2 children to be taggers (witches or warlocks) and 1-2 children to be free-ers (princesses or princes). The rest are the runners.		
	Intro Qs	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/witches will tag runners, turning them into frogs. Frogs hop to any hoop, and waits for prince/princess to free him by blowing a kiss or giving a high 5. Then, he is free to run again.		
	Trans-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. For 2s, have the teacher be the tagger.		

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March Week 2, B: Scooter Board Carnival

Equipment

Set Up

Change

Up

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)

Use cones to divide space in half. Use

For 3 year olds, have teachers pull the

rope to make handle for scooter. Place a bucket upside down on top of the board. Scatter playground balls in the other half. 1 child per scooter board, rest of the Trans-In children with the playground balls. Intro Qs Have you seen the carnival game where people try to knock down ducks? Explain Scooter board children pull the board The back and forth while the other children Game: throw playground balls to knock off the When I buckets, staying behind cones. Switch say GO! jobs. Trans-Out Return all equipment and go back to

the Starting Position.

scooters.

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#### March Week 2, C: Roll Dice, Hop Spots

Equipment 15-20 poly spots

2-5 large die with numbers, not spots

Set Up	Lay out the spots in a U shape, starting at one end of the Starting Position, and ending at the other end, 1 hop apart.
Trans-In	Children are in the Starting Position.

Intro Qs	Have you ever seen dice?	What do
	dice have on them?	

Explain
The
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.

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

Change	For younger children, help with number
Up	recognition and counting/stopping.

# pop hop & rock Physical Literacy Program kids move + teachers learn Pop, Hop & Rock™ Curriculum March Week 2, D: Exercise Dice

#### Equipment

Change

Up

1 die with numbers; 1 die with exercise types

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Set Up	Teacher has the dice.
Trans-In	Children are spread out in the middle of the room
Intro Qs	Show numbers on die and ask children to identify. Show exercises on die and ask children to identify.
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.
Trans-Out	Return the dice to their storage place and line up to leave.

3 year olds can do this game, but may

need help with recognizing the

numbers and counting.