Pop, Hop \& Rock ${ }^{m \mathrm{~m}}$ Curriculum
March Week 2, A: Frog Tag
Equipment
1 hula hoop for every 2 children

| Set Up | Place pairs 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 2 s , have the teacher be the tagger. |

## 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)

| Set Up | Use cones to divide space in half. Use <br> rope to make handle for scooter. Place a <br> bucket upside down on top of the board. <br> Scatter playground balls in the other half. |
| :--- | :--- |
| Trans-In | 1 child per scooter board, rest of the <br> children with the playground balls. |
| Intro Qs | Have you seen the carnival game <br> where people try to knock down ducks? |
| Explain | Scooter board children pull the board <br> The |
| Gack and forth while the other children <br> Ghen I <br> throw playground balls to knock off the <br> buckets, staying behind cones. Switch <br> say GO! <br> jobs. |  |
| Trans-Out | Return all equipment and go back to <br> the Starting Position. |
| Change | For 3 year olds, have teachers pull the <br> Sp |

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## Equipment

15-20 poly spots
2-5 large die with numbers, not spots

| Set Up | Lay out the spots in a U shape, starting <br> at one end of the Starting Position, and <br> 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 <br> dice have on them? |
| Explain | Children roll a die and hop forward that <br> number of spots. Using the same die <br> The |
| Game: | they will repeat the process until they <br> have moved through all the spots. |
| When I |  |
| say GO! | Then, they go to the end of the line for <br> another turn. With several dice, <br> multiple children can move through the <br> line of spots, one after another. |
| Trans-Out | Children pick up the spots and dice and <br> return them to their storage space. <br> Move to the center of the room. |
| Change | For younger children, help with number <br> recognition and counting/stopping. |
| Up |  |

pop hop \& rock (3) $\begin{gathered}\text { Physical Literacy Program } \\ \text { kids move + teachers learn }\end{gathered}$
Pop, Hop \& Rock ${ }^{\text {mm }}$ Curriculum
March Week 2, D: Exercise Dice
Equipment
1 die with numbers; 1 die with exercise types

| Set Up | Teacher has the dice. <br> Trans-In |
| :--- | :--- |
| Children are spread out in the middle of <br> the room |  |
| Intro Qs | Show numbers on die and ask children <br> to identify. Show exercises on die and <br> ask children to identify. |
| Explain | Give each die to a child. On the count <br> of 3, those children toss the die in the <br> air to determine which exercise the <br> The lass will do, and the number of times <br> Game: <br> When I <br> say GO! |
|  | Remind the children not to touch the <br> dice when they hit the ground. Give <br> each child a turn to throw one of the <br> dice. |
| Trans-Out | Return the dice to their storage place <br> and line up to leave. |
| Change | 3 year olds can do this game, but may <br> need help with recognizing the <br> numbers and counting. |
| Up |  |

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