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

March Week 3, A: Bubble Catching by Team

Equipment Bubbles

Set Up	None.
Trans-In	Children are divided into two groups at opposite ends of the room. The teacher (or teachers) in the middle of the room with the bubbles.
Intro Qs	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 take turns as a group trying to catch the bubbles before they hit the ground. When the bubbles are all popped, the other team has a turn.
Trans-Out	Children return to their Starting Position.
Change Up	A great game for outside. For the 2 year olds, taking turns as a team will be a challenge. Try having them go one at a time.

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March Week 3, B: Bobblehead

Equipment

One wide storage bucket for every 4-5 children 3-5 sponge balls per child

Set Up	Scatter sponge balls all over the space.
Trans-In	Children are in their Starting Position.
Intro Qs	Have you ever seen a bobblehead? Do they have large heads that wiggle?
Explain The Game: When I say GO!	Bobbleheads hold the buckets on their heads and walk around the room. The other children try to throw the sponge balls into the buckets.
	Children must stay back from the bobblehead when they throw. They cannot touch the bucket and the must toss the ball, not drop it into the bucket.
H	Switch bobbleheads.

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

Change 3 year olds may need assistance with throwing rather than dropping.

For 2s, a teacher holds the bucket at

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waist height.

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March Week 3, C: Rodeo

Equipment

6 wide buckets; 5 sponge balls per child 12 foot rope

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Set Up	Place the buckets in a circle that is about 12 feet in diameter. Scatter sponge balls in the middle of the circle.	
Trans-In	Children stand by a bucket.	
Intro Qs	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?	
Explain The Game: When I say GO!	The teacher stands in the center of the circle holding one end of the rope, spinning it in a low circle. Children are calves, and they try to collect the balls and put them in the buckets, avoiding the rope.	
Trans-Out	Return all equipment and go back to the Starting Position.	
Change Up	For older children - children must cross the circle to drop a ball in a bucket. For younger, 2 teachers sit on the floor holding the ends of the rope, wiggling it back and forth, with the balls on one side and the buckets on the other. The children jump over the wiggling rope.	

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Equipment 25-45 low cones		
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.	
Trans-In	Two teams of children on opposite sides of the room.	
Intro Qs	What is a volcano? A crater?	
Explain The Game: When I say GO!	The volcanoes are the cones that are right side. Craters are the cones that are upside down. The children on one side of the room are The Crater Team – they make all the cones into craters. The other children are The Volcano Team – they turn all the cones into	

volcanoes. Keep knees off the ground. Trans-Out Return all the low cones to their storage place and line up to leave

Change Older children: try bear crawling. Up For younger children (2-3 years old) put all the cones right side up and have all

the children be on The Crater Team.

Switch.