



March Week 4, A: Tunnel Tag

Equipment
none

<i>Set Up</i>	None
<i>Trans-In</i>	Children are in their Starting Position and one child will be It.
<i>Intro Qs</i>	What is a tunnel? Do you go under a tunnel? Do you go around a tunnel? If I put my feet out wide, would my legs look like a tunnel?
<i>Explain The Game: When I say GO!</i>	The It child will be tagging any other child. If a child is tagged, he is to put his feet out wide and make a tunnel with his legs. He needs a friend to crawl through his leg tunnel so he can rejoin the running.
<i>Trans-Out</i>	Children go to the middle of the room.
<i>Change Up</i>	For 3 year olds, the teacher should be It. For older children, make the game more fast-paced by having multiple children be It.



March Week 4, B: Planet Snotapple

Equipment
Planet Snotapple prompts and actions cards

<i>Set Up</i>	No set up needed.
<i>Trans-In</i>	Have children spread out in the middle of the room. Ask them to put their arms straight out and turn in a slow circle. If they touch another child with their hands, they need to spread out more. When children have created enough space between themselves and the next child, they are to freeze.
<i>Intro Qs</i>	Are you ready to go on a mission to outer space?
<i>Explain The Game: When I say GO!</i>	Explain that this is a space mission to Planet Snotapple. We are going to go through all the steps for a space mission, pairing the steps with big body movement. See Planet Snotapple Prompts for all the details.
<i>Trans-Out</i>	Ask the children to return to the Starting Position.



Planet Snotapple Prompts and Actions

Open the spaceship door. Sit in the spaceship and close the door. Put on your helmet and your seatbelts.

Explain the following cues:

Hyperspace: We are going super-fast. Lay all the way back on the ground.

Brake: We are slowing way down. Sit up from lying down.

Asteroid Field: We have come upon a whole bunch of rocks floating in space and we don't want to hit them so we are going to lie down, roll one time and sit up.

Everyone ready? Ok.... 3-2-1

(Give the Hyperspace!, Brake! and Asteroid Field! cues in rapid succession and drive turning the imaginary steering wheel hard to the right and left.)

We are almost to Planet Snotapple, so let's hurry up! Hyperspace! Brake! BOOM! We have landed on Planet Snotapple!

Let's take off our helmets and release our seatbelts. Now, let's open the door and get out.

We are on Planet Snotapple! Let's take a big look around.



Planet Snotapple Prompts and Actions, continued

Oh wow! There is no gravity here so we have to walk like this with high knees. Let's walk around and see what we can see.

Look - there is a huge mountain! Let's climb it!

We are at the top - let's look around! This is so cool! We are on the top of the highest mountain on Planet Snotapple! Do you see the Snotbirds over there and over there?

Do you know what we could do now? We could jump off and fly! Let's do it! Did you know you can roll while you fly? BOOM! We landed!

Let's stand up and keep exploring. Uh oh - I think the Snotapple aliens know we are here! We need to head back to earth - FAST!

So let's hurry back to our spaceships and climb in. Let's put our helmets and seat belts on, and settle into our seats.

3-2-1 Hyperspace!

(Give the Hyperspace!, Brake! and Asteroid Field! cues in rapid succession.)

We are almost home, let's hit it! Hyperspace!

Brake! Boom! We are back on planet Earth!

Let's take off our seatbelts, and helmets and climb out. Wow - that was a great space mission!

Everyone needs a High 5!



March Week 4, C: Balance Beam with Rope

Equipment

A flat-bottomed balance beam or long board
A rope, at least as long as the balance beam

<i>Set Up</i>	Place the rope lengthwise under the balance beam.
<i>Trans-In</i>	Children are in the Starting Position.
<i>Intro Qs</i>	Do you see the rope under the balance beam? Do you think it will change the way you balance on the balance beam? Do you think it will make it harder?
<i>Explain The Game: When I say GO!</i>	Children will take turns attempting to walk down the balance beam as it wobbles from side to side.
<i>Trans-Out</i>	Children return to the Starting Position.
<i>Change Up</i>	For younger children (age 2), help by: <ul style="list-style-type: none"> ● Holding hands ● Child holds your finger ● You hold child's finger ● You hold back of child's shirt ● You place a hand on child's back Or, practice jumping off the beam.



March Week 3, D: Hula Hut Move Through

Equipment

At least 6 hula hoops, preferably 12, 18 or 24

<i>Set Up</i>	Hula Hut: Lay 1 hoop flat on the floor. For walls, place the bottom of two hoops inside the floor hoop on opposite sides with tops of the hoops touching. Repeat with 2 more hoops to make the other two walls. The last hoop rests over the top of the 4 wall hoops, parallel to the floor. If you have enough hoops to make several Huts, place them far apart around the room.
<i>Trans-In</i>	Children are in their Starting Position.
<i>Intro Qs</i>	Do you know what a hut is?
<i>Explain The Game: When I say GO!</i>	Take turns crawling through the Hula Huts without knocking them over. Remind them they have to be very careful and move slowly to keep the huts standing.
<i>Trans-Out</i>	Collect the hula hoops and children move to their Starting Position.
<i>Change Up</i>	For 2 year olds, hold up 1 or 2 hoops for them to move through

Set Up



Hula Hut: Lay 1 hoop flat on the floor. For walls, place the bottom of two hoops inside the floor hoop on opposite sides with tops of the hoops touching. Repeat with 2 more hoops to make the other two walls. The last hoop rests over the top of the 4 wall hoops, parallel to the floor. If you have enough hoops to make several Huts, place them far apart around the room.

Trans-In Children are in their Starting Position.

Intro Qs Do you know what a hut is?

Explain The Game: When I say GO! Take turns crawling through the Hula Huts without knocking them over. Remind them they have to be very careful and move slowly to keep the huts standing.

Trans-Out Collect the hula hoops and children move to their Starting Position.

Change Up For 2 year olds, hold up 1 or 2 hoops for them to move through

**March Week 3, E: Hula Hut Knock Down****Equipment**

At least 6 hula hoops, preferably 12, 18 or 24
6-8 cones for dividing the space, mini-
playground balls (1 per child with 3-4 extra)

Set Up

Build up to three Hula Huts in front of a blank wall that can act as a backstop, with 3-4 feet between each Hut. (See Activity D) Make a line of cones about 5 feet in front of the Huts. Balls on the opposite side of the cones.

Trans-In

Children are with the playground balls.

Intro Qs

Do you see the huts? Do you think you can knock them down with balls?

Explain

Children roll the balls at the huts. They cannot go past the line of cones to roll the balls, but may go across the cones to get a ball.

The**Game:****When I say GO!****Trans-Out**

Return all equipment to storage bins and line up to leave

Change**Up**

For older children, have a teacher or group of children guard the huts. Try rolling with nondominant hand.