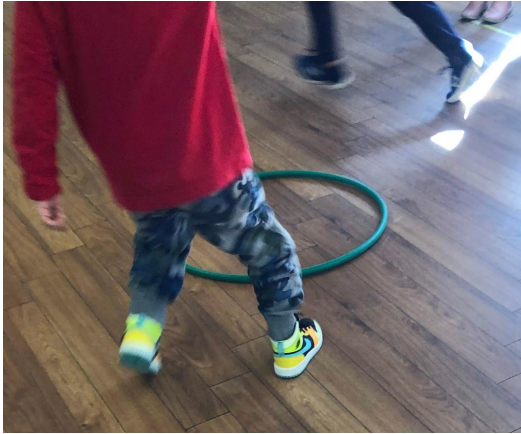


Lesson Plan: May Week 2

TIME: Approximately 10 minutes for the 2 Teacher activities and 10 minutes for the 2 Family Activities.

ACTIVITIES



Teacher Activity A: Hoop Tag 2



Teacher Activity B: Scarf Juggling



Family Activity A: Roll Dice Hop Spots



Family Activity B: Exercise Dice

Family Activities are in a separate download for you to send home to parents.

EQUIPMENT	Description and Alternatives	Purchase
<p>Hula hoops 2 for every 15 children</p>	<p>The best hula hoops are sturdy and won't kink. Play with a Purpose is offering us a 10% discount just for our subscribers. Their Durahoops are guaranteed not to kink. But if they do, Play with a Purpose replaces them for free! We have become big fans of these indestructible hoops. For any purchases at Play with a Purpose use code <u>P10-PopRockHop</u></p> <p>It is always an option to purchase hoops at Dollar Tree.</p>	<p>Play with a Purpose</p>
<p>Scarves 1 per child</p>	<p>Again, Play with a Purpose is offering a 10% discount with the code above.</p> <p>Alternatives are bandanas or small square pieces of cloth, even tissues. The lighter the better.</p> <p><i>*Pop, Hop and Rock does not receive any money from Play with a Purpose for sales. They simply support our mission and want to help our subscribers gain access to quality equipment.</i></p>	<p>Play with a Purpose</p>

Pop, Hop & Rock™ Curriculum May Week 2

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher Activity A Hoop Tag 2	Teacher Activity B Scarf Juggling	Family Activity A Roll Dice Hop Spots	Family Activity B Exercise Dice
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X	X	X
Directional Awareness	X		X	
Spatial Awareness	X	X	X	X
Temporal Awareness	X	X	X	X
<i>Sensory Skills</i>				
Auditory Processing				X
Proprioceptive Development	X	X	X	X
Vestibular Development		X		X
Visual Processing	X	X	X	X
<i>Strength</i>				
Aerobic Strength	X			
Core Strength	X		X	
Grip Strength				
Upper Body Strength		X		X
Lower Body Strength	X		X	
<i>Other Skills</i>				
Crossing the Midline	X	X		X
Eye-Hand Coordination		X		X
Motor Planning	X	X	X	X
Bilateral Movement	X	X		X
Balance			X	

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

TEACHER ACTIVITY A: Hoop Tag 2

Ages 4-8

GOALS

Children will get aerobic practicing their dodging skills.

SKILLS

Perceptual Motor Skills

- Body awareness
- Directional awareness
- Spatial awareness
- Temporal awareness

Sensory Skills

- Proprioceptive development
- Visual processing

Strength

- Aerobic strength
- Core strength
- Lower body strength

Other Skills

- Crossing the midline
- Motor planning
- Bilateral movement

EQUIPMENT

Two hoops for every 15 children

This game is best played on a smooth floor - wood or linoleum. Low pile carpet will also work, but grass and concrete will not.

HOW TO

<i>Set Up</i>	None
<i>Transition In</i>	Children are in their Starting Position. 2 children are It. They each have a hoop.
<i>Introductory Questions</i>	Do you think it is possible to kick this hoop across the room? Do you think it is possible to avoid getting touched by the hoop?
<i>Explain The Game When I say GO!</i>	The It children will stand in the middle of the room with their hoops laying flat on the floor. The other children will run in the same direction around the room while the It children will kick their hoops across the room in an attempt to have the hoop tag the running children's feet. If tagged, the child will go to the side of the room and do 5 jumping jacks.
<i>Transition Out</i>	Hoops return to their storage place, children return to their Starting Position.
<i>Change Up</i>	For children younger than 4, the teacher can do the hoop kicking.

TEACHER ACTIVITY B: Scarf Juggling

Ages 3-6

GOALS

Children will practice catching and throwing in this game.

SKILLS

Perceptual Motor Skills

Body awareness
Spatial awareness
Temporal awareness

Sensory Skills

Proprioceptive development
Vestibular development
Visual processing

Strength

Upper body strength

Other Skills

Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement

EQUIPMENT

One scarf for each child

HOW TO

- Set Up* Throw the scarves on the floor, spread out all over the room.
- Transition In* Children are waiting in their Starting Position.
- Introductory Questions* Do you think it is hard to catch and throw a scarf? Do you think you can throw it up and catch it before it hits the ground?
- Explain The Game When I say GO!* Children will collect a scarf off the floor and begin throwing and catching. After a few minutes, try these different variations:
- throw and catch with their favorite hand
 - throw and catch with their not-so-favorite hand
 - throw with one hand and catch with the other
 - throw and clap as many times as they can before they catch it.
 - throw it up, spin around and then catch it
 - move it around their waists and switch direction
 - pass it between their legs like a figure 8 and switch direction
- Transition Out* Return scarves to their storage place and children go to their Starting Position.
- Change Up* For children younger than 3, the simple act of catching and throwing is enough. They can try holding one corner and moving the scarf around in front of their bodies, going from one side of the body to the other, making waves, going up and down, side to side, around in a circle etc.
- For older children: use 2 scarves try juggling.