

Lesson Plan: May Week 3

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

ACTIVITIES



Teacher Activity A: Noodle Hockey



Teacher Activity B: Noodle Spin



Family Activity A: Noodle Slam



Family Activity B: Noodle Golf

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

EQUIPMENT	Description and Alternatives	Purchase
6: Playground balls approximately 2-3 per child	Small-sized playground balls are ideal for small hands. Dollar Tree is always an option when available, but sometimes they are misshapen and don't roll properly. Play with a Purpose offers a 10% discount for all Pop, Hop & Rock subscribers using code P10-PopRockHop at checkout.	Play with a Purpose
½ pool noodle 1 per child	Pool noodles are great toys to have around and serve a lot of different purposes. Keep your eyes peeled in the early spring through summer at Walmart and Dollar Tree. Fall end of the year sales at Walmart can be a huge bargain (\$.49 per noodle). Cut in half using a serrated bread knife.	Amazon
9" Cones 1 for each team	<p>Cones are also a great resource with many uses. Dollar Tree has them on occasion, but they are not that durable.</p> <p>If purchasing from Play with a Purpose, use code P10-PopRockHop</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>	Play with a Purpose

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher Activity A Noodle Hockey	Teacher Activity B Noodle Spin	Family Activity A Noodle Slam	Family Activity B Noodle Golf
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X		
Directional Awareness	X	X	X	X
Spatial Awareness	X	X	X	X
Temporal Awareness	X		X	X
<i>Sensory Skills</i>				
Auditory Processing			X	
Proprioceptive Development	X		X	X
Vestibular Development		X		
Visual Processing	X	X	X	X
<i>Strength</i>				
Aerobic Strength	X	X	X	
Core Strength	X		X	X
Grip Strength	X		X	X
Upper Body Strength	X	X	X	X
Lower Body Strength				
<i>Other Skills</i>				
Crossing the Midline	X		X	X
Eye-Hand Coordination	X		X	X
Motor Planning	X			
Bilateral Movement	X		X	X
Balance		X		

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

TEACHER ACTIVITY A: Noodle Hockey

Ages 3-5

GOALS

Children will practice striking skills in this game.

SKILLS

Perceptual Motor Skills

- Body awareness
- Directional awareness
- Spatial awareness

Temporal awareness

Sensory Skills

- Proprioceptive development
- Visual processing

Strength

- Aerobic strength
- Core strength
- Grip strength
- Upper body strength

Other Skills

- Crossing the midline
- Eye-hand coordination
- Motor planning
- Bilateral movement

EQUIPMENT

- One half noodle for each child
- 2-3 small playground balls per child

HOW TO

- Set Up** Noodles and balls are scattered all over the play space.
- Transition In** Children are in their Starting Position.
- Introductory Questions** Have you ever played hockey? Have you ever seen hockey?
- Explain The Game When I say GO!** Children will hold one end of their noodle and use the noodle to hit a ball. They should hit one ball and then find a different ball to hit.
- Transition Out** All balls and noodles should be returned to their storage place.
- Change Up** This game can be done in a small classroom with balloons or beach balls that won't travel very far when hit.
This game can also be played on the playground with larger playground balls that will give a more proprioceptive feedback.
For children older than 5, try playing a team hockey game. Set up some cones for goals and designate a goalie for each team. If you have a large group of kids, use more than one ball so more kids are playing at the same time. Let the kids figure out offense and defense. Limit the rules - just step in if the play gets too rough or the ball goes way out of bounds.

TEACHER ACTIVITY B: Noodle Spin

Ages 4-8

GOALS

Children will get aerobic while practicing their vestibular development in this tricky relay game of balance.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Strength

Aerobic strength
Upper body strength

Sensory Skills

Vestibular development
Visual processing

Other Skills

Balance

EQUIPMENT

1 half noodle for each team
Cones to mark the starting spot for each team

HOW TO

- Set Up* 1 cone per team as a starting spot
1 half-noodle for each team, on the floor about 15 feet from each team's cone.
- Transition In* Divide children into teams of 4-5, each team standing behind a cone.
- Introductory Questions* What happens when you spin in a circle? Do you think it will be hard to run after that?
- Explain The Game When I say GO!* The first person on each team will run to the team's noodle, hold it by one end, pointing the other end to the ceiling. Looking at the bottom of the noodle, they spin around three times, put the noodle down, and run back to the cone to tag the next person in line.
If they are too dizzy to return to the next teammate, they yell, "DEADBUG!" and lie on their backs, with hands and feet up toward the ceiling. That will help them re-equilibrate. Then, they jump up and run back to the cone to tag the next teammate.
- Transition Out* Noodles and cones are returned to their storage place.
- Change Up/Note* Put one end of the noodle on the ground and put forehead to top of noodle, spin around three times and go to the next player.
Note: teachers can be the referees and decide if a child should do deadbug if he is very wobbly.