

Lesson Plan: May Week 1

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

ACTIVITIES



Teacher Activity A: Hoop Tag 1



Teacher Activity B: Number Jumping



Family Activity A: Low Boxes Jumping

Family Activity B: Sled Pulling

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

EQUIPMENT For Teacher Games	Description and Alternatives	Purchase
24" Hoops 5 for every 15 children	<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><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
Number cards	Make your own or download ours.	See download
Painters Tape	Any cheap brand will do.	

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher Activity A Hoop Tag 1	Teacher Activity B Number Jumping	Family Activity A Low Box Jumping	Family Activity B Sled Pulling
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X	X	
Directional Awareness	X	X	X	X
Spatial Awareness	X		X	X
Temporal Awareness		X	X	
<i>Sensory Skills</i>				
Auditory Processing				
Proprioceptive Development		X	X	X
Vestibular Development		X		X
Visual Processing		X	X	
<i>Strength</i>				
Aerobic Strength	X			
Core Strength		X	X	X
Grip Strength				X
Upper Body Strength				X
Lower Body Strength	X	X	X	X
<i>Other Skills</i>				
Crossing the Midline				
Eye-Hand Coordination				
Motor Planning		X	X	X
Bilateral Movement				X
Balance		X	X	X

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

TEACHER ACTIVITY A: Hoop Tag 1

Ages 4-8

GOALS

Children will get aerobic.

SKILLS

Perceptual Motor Skills

Body awareness

Directional awareness

Spatial awareness

Strength

Aerobic strength

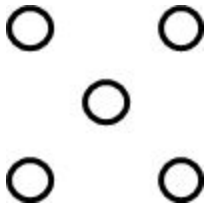
Lower body strength

EQUIPMENT

24" hoops, 5 for every 15 children

HOW TO

Set Up



Four hoops are laid out to make a giant square. The hoops should be about 10 feet apart.

The last hoop is placed in the middle of the square, so the hoops look like a giant X.

Transition In

All children stand in corner hoops.

2 children are It, and they are standing in the middle hoop.

Introductory Questions

Do you think you can run fast? Do you think you can get from your hoop to another hoop without being tagged?

Explain

The Game

When I say GO!

When the teacher says GO, children will run from one hoop to another hoop while the It children try to tag them. If tagged, a child will go to the sidelines and do 5 jumping jacks, then return to play.

The children who are It cannot gang up on players but must act independently.

The children who are It must return to the center hoop once all the other children are safe in hoops.

Repeat with new taggers.

Transition Out

Hoops are returned to their storage place.

Change Up

This game can be played outside with a much larger space between the hoops, increasing the challenge.

TEACHER ACTIVITY B: Number Jumping

Ages 4-7

GOALS

Children will practice counting while using their whole bodies.

SKILLS

Perceptual Motor Skills

- Body awareness
- Directional awareness
- Temporal awareness

Sensory Skills

- Proprioceptive development
- Vestibular development
- Visual processing

Strength

- Core strength
- Lower body strength

Other Skills

- Motor planning
- Balance

EQUIPMENT

2-3 sets of Number Cards, downloadable from the curriculum page (or make your own)
Painter's tape

HOW TO

Set Up

9	
5	8
6	2
3	4
1	7

Tape down number cards about 4 inches apart, with the numbers in random order. See diagram for an example.

If you have a large group, set up several sets of cards.

Transition In

Children line up to have a turn jumping. If you have a large group, divide into smaller groups for each of the sets of numbers.

Introductory Questions

Do you think you can jump on the numbers in order?

Explain The Game When I say GO!

Taking turns, children will jump from 2 feet to 2 feet on the numbers in order, calling out the numbers as they jump. Play several rounds.

Transition Out

Children will move to their Starting Position.

Change Up

For elementary children, have them say the number they are jumping to and then add an amount to it. For example, they have to add 3, so when they jump to 1, they say 4.

For younger children, line the numbers up in order and have them say the number as they jump on it.