

Lesson Plan: May Week 4

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

ACTIVITIES



Teacher Activity A: Monster Ball



Teacher Activity B: Hot Potato Pass



Family Activity A: Balloon Gumball



Family Activity B: Balloon Wallyball

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

EQUIPMENT	Description and Alternatives	Purchase
Large ball, an exercise ball or something of similar size	A 45cm or bigger exercise ball is ideal. We have seen very large play balls at Walmart for a slightly better price but they did not last long.	Amazon
6" playground balls 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
9" Poly spots about 24	<p>These are great for marking space. If you don't have any available, other markers to delineate space can work: cones, painters tape. Play with a Purpose offers a 10% discount for all Pop, Hop & Rock subscribers using code P10-PopRockHop at checkout.</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
1 bean bag	Bean bags have lots of uses, so purchasing a set isn't a waste of funds. However, anything slightly heavy will work for this game whether it is a sock filled with rice or dried beans or a small jug of water.	Amazon

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher Game A Monster Ball	Teacher Game B Hot Potato Pass	Family Game A Balloon Gumball	Family Game B Balloon Walleyball
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X	X	
Directional Awareness		X	X	X
Spatial Awareness		X	X	X
Temporal Awareness	X	X	X	X
<i>Sensory Skills</i>				
Auditory Processing				
Proprioceptive Development	X	X	X	X
Vestibular Development				
Visual Processing	X	X	X	X
<i>Strength</i>				
Aerobic Strength				
Core Strength	X	X		X
Grip Strength	X	X		
Upper Body Strength	X	X	X	X
Lower Body Strength		X		
<i>Other Skills</i>				
Crossing the Midline	X	X	X	X
Eye-Hand Coordination	X	X	X	X
Motor Planning	X	X		
Bilateral Movement	X	X	X	X
Balance				

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

TEACHER ACTIVITY A: Monster Ball

Ages 4-8

GOALS

Children will practice their throwing skills and self-control in this game.

SKILLS

Perceptual Motor Skills

Body awareness

Temporal awareness

Sensory Skills

Proprioceptive development

Visual processing

Strength

Core strength

Grip strength

Upper body strength

Other Skills

Crossing the midline

Eye-hand coordination

Motor planning

Bilateral movement

EQUIPMENT

One very large ball, like an exercise ball

About 3 smaller balls per child

Approximately 24 poly spots or low cones to mark the space

HOW TO

Set Up

Create two parallel lines of spots, approximately 15 feet from each other.

The large ball is in the middle between the two lines. Half of the small balls on each side, behind the line of spots.

Transition In

Children are divided into two groups, with each group is standing behind a line of spots.

Introductory Questions

Do you think it is possible to move this big ball without using your hands?

Explain The Game When I say GO!

Each team will try to move the big ball across/past the other team's line of spots by throwing the small balls at the big ball. If the ball comes close to crossing their line, then can only throw balls at it to stop it from crossing.

They may not step over their line to throw and they may not push the big ball if it gets close to their line.

Transition Out

All balls and spots are returned to their storage place, children return to their Starting Position.

Change Up

For children younger than 4, this game can be played with all children standing on one side and throwing all the small balls at the larger ball trying to move it across the other line.

TEACHER ACTIVITY B: Hot Potato Pass

Ages 3-5

GOALS

Children will practice self control in this game.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Sensory Skills

Proprioceptive development
Visual processing

Strength

Core strength
Grip strength
Upper body strength
Lower body strength

Other Skills

Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement

EQUIPMENT

One bean bag
Music of any kind

HOW TO

Set Up None

Transition In Children sit in a circle in the middle of the room.

Introductory Questions Is a hot potato hot or cold?
If it is hot, do you want to be the person stuck holding it for too long?

Explain The Game When I say GO! Children will pass the bean bag while the music is playing. They must always have two hands on the bean bag. When the music stops, the person holding it has the hot potato. The game starts again immediately and the person who had the hot potato must leave the circle, do 5 jumping jacks and return to their spot before the hot potato gets back to that spot.

Transition Out Children return to their Starting Position.

Change Up Instead of doing jumping jacks, children run around the circle and sit back down again before the hot potato returns to them.
For children older than 5, make the running space larger so it is a challenge to get back to their spot before the hot potato does.