pop hop & rockImage: Set UpPhysical Literacy Program kids move + teachers learn Pop, Hop & Rock™ Curriculum May Week 1 Teacher Activity A: Hoop Tag 1Equipment 5 hoops for every 15 childrenSet UpLay out four hoops to make a giant			pop hop & rock Physical Literacy Program, kids move + teachers learn Pop, Hop & Rock™ Curriculum May Week 1 Teacher Activity B: Number Jumping Equipment 2 sets of number cards (download from website) Painters tape 	
Trans-In	square, about 10 feet apart, with the 5 th hoop in the middle of the square. 2 children are It. They stand in middle	Set Up	Tape down number cards about 4 inches apart, with the numbers in random order.	
110113-111	hoop, other children in corner hoops.		Trans-In	Children line up to have a turn. If you
Intro Qs	Do you think you can run fast? Do you think you can get from your hoop to			have a big group, use several sets of numbers.
Explain	another hoop without being tagged? When the teacher says GO, children will		Intro Qs	Do you think you can jump from number to number in order?
The Game: When I say GO!	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 must return to the center hoop once all the other children are safe in hoops.		Explain The Game: When I say GO!	Taking turns, children will jump, 2 feet to 2 feet, from number to number in order, calling out the numbers as they go. Each child can have several turns.
			Trans-Out	Collect the number cards.
	Repeat with new taggers.		Change	For older children, have them add an
Trans-Out	Return hoops to storage container.		Up	amount to each number. If they add 3, when they jump to 1, they say 4.
Change Up	Increase the challenge by playing outside and making the square bigger.			For younger children, line the numbers up in order and have them say the number as they jump on it.

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