



November Week 4, A: Downward Facing Dog Tag

Equipment

None

<i>Set Up</i>	No set up required
<i>Trans-In</i>	Children begin in the Starting Position. Choose 1 child to be It. Explain that this is a tag game when only one person can tag.
<i>Intro Qs</i>	Do we push when we tag? Hit? Slap? Do we touch gently when we tag? Who is the only person tagging today? Can you show me how we do Downward Facing Dog?
<i>Explain The Game: When I say GO!</i>	Children will run in the same direction. If tagged by It, the child who was tagged must stop and do Downward Facing Dog. The child must stay like that until another child who is not It crawls underneath and frees them to run again.
<i>Trans-Out</i>	Children return to the Starting Position.
<i>Change Up</i>	More than one child can be It at a time, particularly if there is a large group of children.



November Week 4, B: Wall Tracing

Equipment

Pop, Hop, & Rock™ Shape Cards, preferably laminated, 1 per child with 4-5 extras
Poly Spots, 1 per card
Painters tape

<i>Set Up</i>	Tape the shapes to two opposite walls, about 1 foot off the floor and about 2-3 feet apart. Put a poly spot on the floor in front of each shape.
<i>Trans-In</i>	Children stand in the middle of the room so they can see both walls where the shapes are taped. Teacher stands in front of one shape.
<i>Intro Qs</i>	What do you see taped to the walls? What is this shape? What color is it?
<i>Explain The Game: When I say Go!</i>	Children sit on a spot and trace the edge of the shape with one foot. Repeat with the other foot. Yell out the color and the shape, jump up, run to the opposite wall and pick a different shape and do it again.
<i>Trans-Out</i>	Children will come to the middle of the room.
<i>Change Up</i>	Younger children can just yell the color.



November Week 4, C: Solo Cup Turnover

Equipment

Large plastic cups, 4 per child

<i>Set Up</i>	Solo cups are all over the floor, half are right-side up, half are upside down.
<i>Trans-In</i>	Children are in the Starting Position. Divide the group in half, sending one half to the opposite side of the room.
<i>Intro Qs</i>	What have I put all over the floor? Show the children the difference between right-side up and upside down. Are they all right-side up? Are they all upside down?
<i>Explain The Game: When I say Go!</i>	Children on one side of the room will be turning all the cups right-side up. Children on the opposite side of the room will be turning the cups upside down. No knees touch the floor.
<i>Trans-Out</i>	Children return to the Starting Position.
<i>Change Up</i>	Performing the whole game while bear crawling.



November Week 4, D: Color Tag

Equipment

Small colored sponge balls, 1 per child

<i>Set Up</i>	No set-up required
<i>Trans-In</i>	Children are in their Starting Position. Give each child a colored sponge ball, handing out a variety of colors.
<i>Intro Qs</i>	What color ball you are holding? Does everyone know what it means to play tag? Who does the tagging? When we tag do we push? Hit? Shove?
<i>Explain The Game: When I say Go!</i>	Choose a color to be It, saying, "Blue is IT. If you are holding a blue ball, you are now a tagger. Hold your blue ball up for everyone to see. When you tag someone, yell out BLUE so they know they have been tagged. GO!" Children all run in a big circle in the same direction. If tagged, child does 5 jumping jacks, returns to the game. Call out FREEZE. Choose different color to be It.
<i>Trans-Out</i>	Children return to the Starting Position.
<i>Change Up</i>	For 2 year olds and younger 3s, running is the main point of this game. Have a teacher be It, tag a child, keep running.