



## November Week 1, A: Triangle Tag

## Equipment

None needed

<i>Set Up</i>	No set up required
<i>Trans-In</i>	Children move to the Starting Position.
<i>Intro Qs</i>	Have you heard of yoga? Do you remember when we learned some yoga poses? One yoga pose is called triangle. Do you know what a triangle looks like?
<i>Explain The Game: When I say GO!</i>	Demonstrate Triangle Pose. Choose one or two children who will be It. Remind them to tag gently, with no pushing or hitting. When children are tagged, they must freeze in Triangle Pose. Another child crawls under their legs to unfreeze them and allow them to return to the game.
<i>Trans-Out</i>	Return to the Starting Position.



## November Week 1, B: Individual Noodle Games

## Equipment

1 half-pool noodle per child

<i>Set Up</i>	Toward the end of explaining the game, toss half-noodles on the floor.
<i>Trans-In</i>	Children are in the Starting Position.
<i>Intro Qs</i>	Can you make your hand look like a pancake? (palm up)
<i>Explain The Game: When I say Go!</i>	Each child will attempt to balance the half-noodle, on its end, in the palm of their hand. Demonstrate by showing them that they must watch the noodle the whole time, moving their bodies to keep the noodle balanced.
<i>Trans-Out</i>	Keep their noodles and return to the Starting Position
<i>Change Up</i>	Pop the noodles into the air with their pancake hands and catch them. Hold the middle of the noodle with a thumb on one side and the fingers on the other side, close to the ear with noodle parallel to the floor. Step with the foot farthest away from the noodle, and throw the noodle like a javelin.



## November Week 1, C: Noodle Partner Switch

## Equipment

One half-pool noodle per child

One poly spot per child

**Set Up** Create two lines of poly spots, parallel to each other to allow pairs of children to stand, facing each other. The lines should be about 3-4 feet apart, with 2-3 feet between adjacent spots.

**Trans-In** Send children with half-noodles to a spot.

**Intro Qs** Do you know who your partner is?

**Explain The Game: When I say Go!** Balance the noodle on the floor next to the body with a flat pancake hand on top, facing the partner in the opposite line. The partners count to 3, let go of their own balancing noodle and rush across to the partner's noodle, catching it before it falls to the ground. Repeat.

**Trans-Out** Children make a pancake stack of spots and return to their starting place with their noodles.

**Change Up** For younger children, try balancing their own noodle on the floor, letting it go, and then catching it before it falls.



## November Week 1, D: Noodle Toe Tag

## Equipment

One half-pool noodle per child

**Set Up** No set up needed.

**Trans-In** Children are in the Starting Position with half-noodles.

**Intro Qs** Where are your toes?  
(Pointing to elbow) is this a toe?  
(Pointing to nose) is this a toe?  
Are you sure you know where your toes are?

**Explain The Game: When I say Go!** Explain that their job in this game is to use their noodle to touch the toes of as many friends as possible. They must ONLY touch toes, and they must count them as they go. At the same time, they must try not to let anyone touch their toes. Remind them to watch where they are going, not just look down at toes.

**Trans-Out** Move to the middle of the room with their noodles.

**November Week 1, E: Noodle Body Balance****Equipment**

One half-pool noodle per child

<i>Set Up</i>	No set-up required.
<i>Trans-In</i>	Children will be in the middle of the room with a half-noodle each. Have them spread out and put their noodles on the floor.
<i>Intro Qs</i>	Does your noodle look like a balance beam? Why not?
<i>Explain The Game:</i>	Explain that they will be using their noodles as balance beams.
<i>When I say Go!</i>	Place both feet perpendicular to (across) and in the center of the noodle to balance. Encourage them to do this without letting their toes or heels touch the floor. Try with feet farther apart and closer together.
<i>Trans-Out</i>	Return noodles to storage container.
<i>Change Up</i>	For younger children, give some support for balancing.  For older children: try walking on the noodle, balancing like a surfer, bear crawling or crab walking. (See lesson plan for details.)