

Lesson Plan: November Week 1

TIME: Approximately 20 minutes to do all 5 activities

ACTIVITIES



A: Triangle Tag



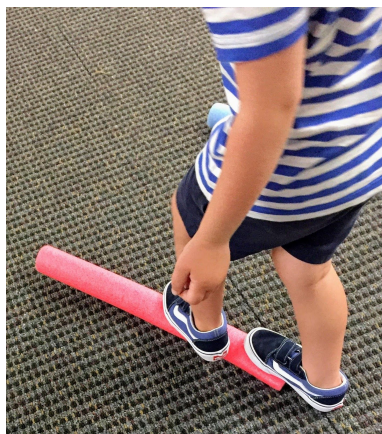
B: Individual Noodle Games:
Hand Balance, Pop-up, Javelin



C: Noodle Partner Switch



D: Noodle Toe Tag



E: Noodle Body Balance

EQUIPMENT	Description and Alternatives	Purchase
<p>Pool Noodles</p> <p>One half-noodle per child</p>	<p>Cut crosswise in half, 1 half for each child</p> <p>Children are often tempted to use half-noodles as swords. To avoid this, have them put their noodles on their heads, holding each end, between activities.</p>	<p>Dollar Tree, Walmart Amazon</p>
<p>Poly Spots</p> <p>One per child</p>	<p>Vinyl circles, about 9 inches in diameter in a variety of colors. They are versatile and durable, sticky enough to stay put on the floor and hefty enough to use as a steering wheel or balance on a hand. If you have the funds, these are worth the investment.</p> <p>Alternatives: You can cut circles out of sheet vinyl, cheap placemats, shelf liner or non-skid rug liners. Or you can mark places on the floor with painters tape.</p>	<p>Amazon School Specialty</p>

DEVELOPING SKILLS	Lesson Plan Activities				
	A Triangle Tag	B Individual Noodle Games	C Noodle Partner Switch	D Noodle Toe Tag	E Noodle Body Balance
Perceptual Motor Skills					
Body Awareness	X	X	X	X	X
Directional Awareness	X	X	X		
Spatial Awareness	X	X	X	X	
Temporal Awareness	X	X	X		
Sensory Skills					
Auditory Processing					
Proprioceptive Development	X	X	X	X	
Vestibular Development	X				X
Visual Processing		X	X	X	
Strength					
Aerobic Strength	X			X	
Core Strength	X		X	X	X
Grip Strength		X	X	X	
Upper Body Strength	X	X	X	X	
Lower Body Strength	X		X	X	X
Other Skills					
Crossing the Midline	X	X	X	X	
Eye-Hand Coordination		X	X	X	
Motor Planning	X	X	X	X	
Bilateral Movement	X	X	X	X	
Balance	X				X

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

ACTIVITY A: Triangle Tag

Ages 3+

GOALS

Children will get aerobic, while building numerous other strengths and skills.

SKILLS

Perceptual Motor Skills

- Body awareness
- Directional awareness
- Spatial awareness
- Temporal awareness

Sensory Skills

- Proprioceptive development
- Vestibular development

Strength

- Aerobic strength
- Core strength
- Upper body strength
- Lower body strength

Other Skills

- Crossing the midline
- Motor planning
- Bilateral movement
- Balance

EQUIPMENT

None needed.

HOW TO

- Set Up* No set-up required.
- Transition In* Children move to their Starting Position.
- Introductory Questions* 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?
- Explain The Game When I say GO!* Demonstrate Triangle Pose: Start by taking feet out wide, reaching arms straight out to the side. Then tip the body over to the right, reaching the right hand towards the right foot and the left hand to the ceiling. Have the children do the same. Point out that the pose makes two triangles with their bodies. One triangle is made by two legs and the floor. The other triangle is made with the right arm, right leg, and torso.
Choose one to two children who will be "It." Remind them to tag gently, with no pushing or hitting.
Explain to the children that when they are tagged, they must freeze in Triangle Pose. The only way to be unfrozen is for another child to crawl under their legs. Demonstrate by asking one of the It children to tag you. Do Triangle Pose and ask another child to crawl under your legs.
- Transition Out* Return to the Starting Position.

ACTIVITY B: Individual Noodle Games: Hand Balance, Pop-up, Javelin
Ages 3-6

GOALS

Children will practice eye-hand coordination while demonstrating self-control.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Strength

Grip strength
Upper body strength

Sensory Skills

Proprioceptive development
Visual processing

Other Skills

Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement

EQUIPMENT

One half-noodle for each child

HOW TO

- Set Up* Children should be in their Starting Position.
- Transition In* Toward the end of Explaining the Game, toss half-noodles on the floor randomly.
- Introductory Questions* Can you make your hand look like a pancake? (palm up)
- Explain The Game When I say GO!* Each child will attempt to balance the half-noodle, on its end, in the palm of their hand. Demonstrate by showing them they must watch the noodle the whole time, moving their bodies to keep the noodles balanced.
- Transition Out* Keep their noodles and return to the Starting Position.
- Change Up* Once the children have spent some time working on balancing the noodles in their hands, change the game by asking them to pop the noodles into the air with their pancake hands and catch them.
Next, shift to javelin throwing. Show them how to hold the middle of the noodle with a thumb on one side and the fingers on the other side. Then, they hold their thumb by their ear with the noodle parallel to the floor. They step with the foot farthest away from the noodle, and throw the noodle like a javelin.

ACTIVITY C: Noodle Partner Switch

Ages 4+

GOALS

Children will use strategic balancing and catching of a noodle to practice eye-hand coordination and body and spatial awareness.

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 half-noodle per child
- One poly spot per child

HOW TO

- 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 within a line.
- Transition In** Children are in the Starting Position, each holding a half-noodle. Send them to find a spot to stand on.
- Introductory Questions** Do you know who your partner is?
- Explain The Game When I say GO!** Each child will balance his noodle on the floor next to his body with his flat pancake hand on top, facing his 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.
- Transition Out** Children make a pancake stack of spots and return to their Starting Position with their noodles.
- Change Up** For younger children, switching with a partner may be too challenging. They can try balancing their own noodle on the floor, letting it go, and then catching it before it falls.

ACTIVITY D: Noodle Toe Tag
Ages 3-7

GOALS

Children will get aerobic using eye-hand coordination.

SKILLS

Perceptual Motor Skills

Body awareness
Spatial awareness

Strength

Aerobic strength
Core strength
Grip strength
Upper body strength
Lower body strength

Sensory Skills

Proprioceptive development
Visual processing

Other Skills

Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement

EQUIPMENT

One half-noodle per child

HOW TO

- Set Up* No set-up needed.
- Transition In* Children are waiting in their Starting Position with a half-noodle each.
- Introductory Questions* 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.
- Transition Out* Move to the middle of the room with their noodles.

ACTIVITY E: Noodle Body Balance

Ages 3-6

GOALS

Children will practice balancing skills

SKILLS

Perceptual Motor Skills
Body awareness

Sensory Skills
Vestibular development

Strength
Core strength
Lower body strength

Other Skills
Balance

EQUIPMENT

One half-noodle per child

HOW TO

<i>Set Up</i>	No set-up needed
<i>Transition In</i>	Children will be in the middle of the room with a half-noodle each. Ask them to put their hands straight out, turn in a slow circle and if they are touching anyone, to move away from them. When you see they have enough space between their bodies, ask them to Freeze. Ask the children to place their noodles on the floor.
<i>Introductory Questions</i>	Does your noodle look like a balance beam? Why not?
<i>Explain The Game When I say GO!</i>	Explain that they will be using their noodles as balance beams. 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>Transition Out</i>	Return noodles to their storage container.
<i>Change Up</i>	For younger children, balancing will be challenging and they might need some help. Start with a hand, then a finger, for support. For older children: After balancing perpendicular to the noodle, try walking up and down the noodle, stepping feet side to side. Try surfing on the noodle so that one foot is parallel to the noodle and one foot is perpendicular. Try bear crawling with the noodle. They put the noodle under their hands and roll the noodle along the floor while bear-walking their feet. Try the opposite noodle bear crawl by putting the noodle under their feet and bear-walking with their hands, rolling the noodle with their feet. Try crab walking with the noodle under their feet, crab walking with their hands.