

Lesson Plan: November Week 3

TIME: Approximately 20 minutes to do all 4 activities

ACTIVITIES



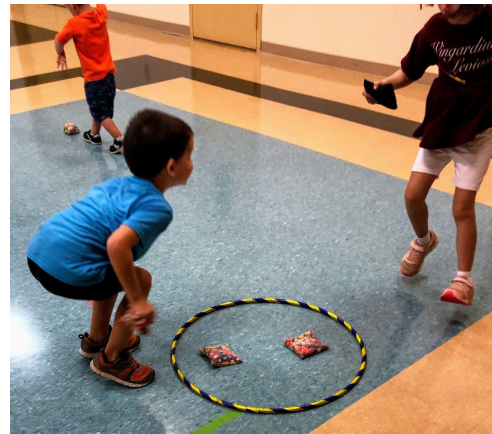
A: Turkey Tag



B: Turkey Feathers



C: Turkey Catching



D: Giant Birds' Nests

EQUIPMENT	Description and Alternatives	Purchase
1 Rubber chicken per 10-12 children	<p>A typical old-school rubber chicken is almost guaranteed to bring hysteria and wonder to most kids.</p> <p>A good alternative is a stuffed turkey or chicken or a puppet.</p>	Clownanitics
Hula hoops, 1 for every 2 children	<p>Thes best hoops are the Pull Buoy Hoops. They are sturdy and not likely to bend when two children pull the sides. They are expensive, but worth the investment.</p> <p>And alternative is Dollar Tree, but you will be buying new ones frequently and they are fairly seasonal.</p>	Schoolspecialty
Scarves, approximately 5 per child	<p>Scarves should be lightweight and come in a variety of solid colors.</p> <p>Alternative: You can make your own from durable, lightweight, solid fabric, such as flag making fabric. Use pinking shears to minimize unraveling.</p>	Amazon
Laminated drawings of a turkey head and turkey feet, 2-3 sets	Find some clipart or draw your own.	
Sponge balls, approximately 5 per child	<p>Sponge balls should be small, lightweight and come in a variety of colors.</p> <p>Alternative: Rolled up socks.</p>	Oriental Trading

DEVELOPING SKILLS	Lesson Plan Activities			
	A Turkey Tag	B Turkey Feathers	C Turkey Catching	D Giant Birds' Nests
<i>Perceptual Motor Skills</i>				
Body Awareness	X		X	X
Directional Awareness				X
Spatial Awareness	X	X		X
Temporal Awareness	X		X	
<i>Sensory Skills</i>				
Auditory Processing				
Proprioceptive Development	X		X	
Vestibular Development	X			
Visual Processing		X	X	X
<i>Strength</i>				
Aerobic Strength	X	X		X
Core Strength	X		X	X
Grip Strength	X		X	X
Upper Body Strength	X		X	X
Lower Body Strength	X			
<i>Other Skills</i>				
Crossing the Midline	X		X	
Eye-Hand Coordination	X	X	X	X
Motor Planning	X	X	X	X
Bilateral Movement	X		X	X
Balance				

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

ACTIVITY A: Turkey Tag
Ages 3-7

GOALS

Children will get aerobic in this tag game.

SKILLS

Perceptual Motor Skills

Body awareness
Spatial awareness
Temporal awareness

Sensory Skills

Proprioceptive development
Vestibular development

Strength

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

Other Skills

Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement

EQUIPMENT

1 Rubber chicken per 10-12 children

HOW TO

<i>Set Up</i>	No set-up required.
<i>Transition In</i>	Children are in their Starting Position.
<i>Introductory Questions</i>	Does anyone know what this is? (Today, this is a turkey.) Is anyone planning on having turkey at Thanksgiving?
<i>Explain The Game When I say GO!</i>	For this tag game, the taggers will have a rubber turkey. Everyone runs in a big circle in the same direction. The tagger will tag you with the rubber turkey. If you are tagged, you will come to the center of the room and do 5 jumping jacks. Then you can run again. Taggers hold the rubber turkey with one hand holding the head and one hand holding the feet, which cuts down on the impulse to whip the turkey around. Remind taggers to tag <i>gently</i> .
<i>Transition Out</i>	Return to the Starting Position.
<i>Change Up</i>	For younger children, teachers are the taggers.

ACTIVITY B: Turkey Feathers

Ages 3-6

GOALS

Children will get aerobic and practice hand-eye coordination.

SKILLS

Perceptual Motor Skills
Spatial awareness

Sensory Skills
Visual processing

Strength
Aerobic strength

Other Skills
Eye-hand coordination
Motor planning

EQUIPMENT

2-3 Hula hoops

2-3 sets of turkey heads and feet

Approximately 15 scarves per hoop

HOW TO

Set Up

Put the hoops on the opposite side of the room from the Starting Position, about three feet apart, flat on the floor. The hoops are the turkey bodies. At the top of each hoop put the turkey head and on the bottom put the turkey feet.

Scatter scarves on the floor close to the Starting Position.

Transition In

Let the children see the turkeys as you lay them out on the floor.

Introductory Questions

Do these turkeys have any feathers?

Do you think we should fix that?

Explain The Game When I say GO!

The children's job is to put feathers on the turkeys. The scarves are feathers. They are to take the scarves, one at a time, and put them on the turkey. One corner of the scarf goes on the turkey body with the scarf stretched out flat.

Transition Out

The children return the scarves to the appropriate container, collect hoops, and the head and feet cards.

ACTIVITY C: Turkey Catching

Ages 3-6

GOALS

Children will practice eye-hand coordination while catching hoops.

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 hoop per two children

HOW TO

Set Up

Scatter the hoops around the space.

Transition In

Children are in the Starting Position. Ask the children to skip around the hoops, moving in the same direction. After a minute or two, tell them to get in a hoop, 2 children per hoop. These children are now partners for the activity.

Introductory Questions

Do you think you can catch turkeys?

Explain

The Game

When I say GO!

The hoops are turkeys. The friends in the hoops are going to roll the hoops back and forth to each other, attempting to catch the hoops/turkeys each time.

Demonstrate by standing several feet away from a child or another teacher. Stand the hoop on its side, parallel to your body and off to the side. Place your hand flat on top of the hoop, step with the opposite foot, and push it away to make the hoop roll toward your partner.

Transition Out

Return hoops to a teacher or their container.



ACTIVITY D: Giant Birds' Nests
Ages 3-7

GOALS

Children will get aerobic moving eggs to nests.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Sensory Skills

Visual processing

Strength

Aerobic strength
Core strength
Grip strength
Upper body strength

Other Skills

Eye-hand coordination
Motor planning
Bilateral Movement

EQUIPMENT

4 Hoops

Sponge balls, approximately 5 per child

HOW TO

Set Up

Place the hula hoops in the corners of the room.
Divide the sponge balls evenly among the hoops.

Transition In

After explaining the game, divide the children into four groups, one group per hoop.

Introductory Questions

Do turkeys lay eggs? Where do they keep their eggs?
Our hoops are the turkeys' nests. If they are the nests, what do you think the balls are?
If the balls are eggs and the hoops are nests what do you think you might be?

Explain The Game When I say GO!

You are going to be in a team of turkeys inside a nest. Your job is to collect as many turkey eggs as possible. You will get eggs from other nests, but you can only carry one turkey egg at a time to bring back to your nest.

Transition Out

Have the children return all the balls to their container and the hoops to a teacher or their container.