



October Week 2, A: Yoga Review

Equipment

Pop, Hop & Rock™ Garden Yoga Cards

Poly spots, a few more than children in the group, and 6 poly stars

<i>Set Up</i>	Lay the spots and stars in a circle spaced about one preschool stride length apart.
<i>Trans-In</i>	Children choose a spot or star to stand on.
<i>Intro Qs</i>	Do you remember the garden we built with yoga poses? Do you remember the poses we learned?
<i>Explain The Game: When I say GO!</i>	Review and practice the poses using the Yoga Cards: tree, downward facing dog, dead bug, bridge, cat, fish, flower, butterfly, turtle, snake, gate, rabbit.
<i>Trans-Out</i>	Children remain on their spot or star for Freeze and Melt with Jacks and Stars



October Week 2, B:

Freeze and Melt with Jacks and Stars

Equipment

Music (“Move It” from the *Madagascar* movie works well, but any upbeat song will work.)

<i>Set Up</i>	Lay the spots and stars in a circle spaced about one preschool stride length apart.
<i>Trans-In</i>	Children choose a spot or star to stand on.
<i>Intro Qs</i>	Do you remember the game we played where the music was turned on and we stepped from spot to spot? What did you do when the music stopped? What did you do when the music started again? There are spots on the floor, and what else? (stars)
<i>Explain The Game: When I say GO!</i>	Children will move around the circle. When the music stops, if they are on a spot, they melt until their belly buttons are on the ground. If they are on a star, they do jumping jacks until the music starts again.
<i>Trans-Out</i>	Children take spots and stars, balancing them on their heads, and make a pancake stack. Children then move to the Starting Position.



October Week 2, C: Red Light/Green Light Run

Equipment

Red bucket filled with laminated pictures of sweets and treats. Green bucket filled with laminated pictures of healthy foods.

<i>Set Up</i>	Children should be in the Starting Position.
<i>Trans-In</i>	Show the children the buckets and that they are filled with pictures.
<i>Intro Qs</i>	What do you see in these buckets? What color are these buckets? What does a red light mean? (stop) What does a green light mean? (go)
<i>Explain The Game: When I say Go!</i>	All of the food in the green bucket are Go Foods because they will help you get bigger, stronger, faster and smarter. All the foods in the red bucket are Stop Foods because they don't help you get bigger, stronger, faster or smarter. Mix up the cards in a third bucket. Children run in the same direction. Pull out a card. If it is a Go Food, children continue to run. If it is a Stop Food, children stop running.
<i>Trans-Out</i>	Children return to the Starting Position.



October Week 2, D: Ladder Walking

Equipment

A wooden ladder or two 2x4s for the rails and some narrow cardboard bricks for the rungs

<i>Set Up</i>	Lay ladder on the ground in front of children.
<i>Trans-In</i>	Children are in the Starting Position.
<i>Intro Qs</i>	Does anyone know what these are? (point to the rungs) What are these? (point to the rails)
<i>Explain The Game: When I say Go!</i>	Children are going to take turns walking on the ladder in various ways: step between the rungs step on the rungs. step on the side rails with one foot on each rail.
<i>Trans-Out</i>	Children return to Starting Position.
<i>Change Up</i>	For older children, walk with both feet on one side rail. Younger children may need to hold an adult's hand or finger for extra balance.