



Pop, Hop & Rock™ Curriculum

Lesson Plan: October Week 4

TIME: Approximately 20 minutes to do all 4 activities

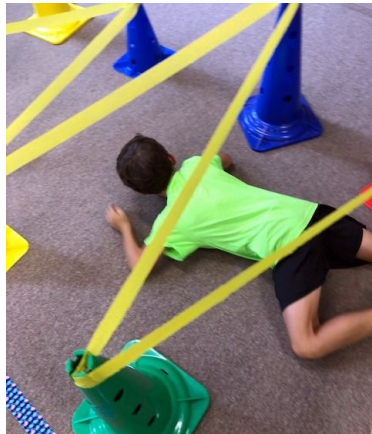
ACTIVITIES



A: Autumn Tag



B: Leaves on webs



C: Sneaky Snake Challenge



D: Manic Movement

EQUIPMENT	Description and Alternatives	Purchase
2 Pool noodles	1 pool noodle will stay full length. The other pool noodle should be cut in half so there are two equal sized noodles. (Hint: use a serrated bread knife to cut the noodle with no mess.)	Dollar Tree Amazon
Hula hoop and masking tape	This hoop does not need to be sturdy, so Dollar Tree is a good option. Weave the masking tape around the hoop with the sticky side facing out until it looks like a spider web. (See photo on page 1)	Dollar Tree Craft store
Cotton balls	Any cheap bag of cotton balls will do.	Dollar Tree, Craft Store
Plastic cones 6-8 cones	Cones come in different sizes and weights. Cones are repeatedly stepped on, so durable cones with some flexibility are preferable for the long term. A 7-10" cone works best. Alternative: You can use large plastic cups.	Amazon or Dollar Tree, but they aren't as durable
Party streamers 2-3 rolls	Any color will do, but fall colors are ideal.	Any craft or party store or Dollar Tree
Tall cones, adult-sized chairs or stacks of child-sized chairs 4-6	Anything you can find that you can attach streamers to.	Look around your school - you'll find something.

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DEVELOPING SKILLS	Lesson Plan Activities			
	A Autumn Tag	B Leaves on Webs	C Sneaky Snake Challenge	D Manic Movement
<i>Perceptual Motor Skills</i>				
Body Awareness	X		X	X
Directional Awareness	X			X
Spatial Awareness	X	X	X	X
Temporal Awareness		X		
<i>Sensory Skills</i>				
Auditory Processing				
Proprioceptive Development	X			X
Vestibular Development	X			X
Visual Processing		X		
<i>Strength</i>				
Aerobic Strength	X			X
Core Strength	X		X	X
Grip Strength				
Upper Body Strength	X	X	X	X
Lower Body Strength	X			X
<i>Other Skills</i>				
Crossing the Midline		X		X
Eye-Hand Coordination		X		
Motor Planning		X	X	X
Bilateral Movement		X	X	X
Balance	X			

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

ACTIVITY A: Autumn Tag
Ages 4-7

GOALS

Children should be able to run in the same direction.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness

Strength

Aerobic strength
Core strength
Upper body strength
Lower body strength

Sensory Skills

Proprioceptive development
Vestibular development

Other Skills

Balance

EQUIPMENT

2 pool noodles: 1 is long and the other is cut in half, crosswise

HOW TO

<i>Set Up</i>	No set up needed
<i>Transition In</i>	Choose one person to be the Bike Rider. Choose a second person to be the Autumn Fairy/Wizard. The rest of the children are Leaves.
<i>Introductory Questions</i>	How many of you have ridden a bicycle or tricycle? What time of year is it now? Do you think fall might be a good time for a bike ride? What are some things you might see on a fall bike ride? What are some things that might be falling out of the sky that you could touch on your fall bike ride?
<i>Explain The Game When I say GO!</i>	The child with the long noodle is the Bike Rider, and the long noodle is that child's bike. She has a half noodle to tag as many Leaves as she can. The second person is the Autumn Fairy/Wizard. The Autumn Fairy/Wizard's job is to use the other half-noodle to un-tag the Leaves so they can run again. The Leaves all run in the same direction, chased by the Bike Rider. When the Bike Rider tags the Leaves, they stand on one foot and wave their arms overhead until the Autumn Fairy/Wizard tags them and they can start running again.
<i>Transition Out</i>	Children move to the Starting Position.

ACTIVITY B: Leaves on Webs
Ages 2-7

GOALS

Children should be able to throw.

SKILLS

Perceptual Motor Skills
Spatial awareness
Temporal awareness

Strength
Upper body strength

Sensory Skills
Visual processing

Other Skills
Crossing the midline
Eye-hand coordination
Motor planning
Bilateral movement

EQUIPMENT

Hula Hoop wrapped in masking tape, sticky side out until it looks like a web
Bag of Cotton balls
6-8 Cones

HOW TO

- Set Up* Before the children arrive, hang the hula hoop on the wall using painter's tape.
Just before the game, place cones on the floor about 2 feet from the wall. Put all the cotton balls on the floor on the side of the cones that is farthest from the wall.
- Transition In* Ask children to stand next to the cotton balls.
- Introductory Questions* What do you see on the wall? Could it be a spider's web? What would happen if a leaf touched the spider's web?
- Explain The Game When I say GO!* The cotton balls are leaves and the children will throw the leaves at the web, trying to get the leaves to stick.
They are to stay on the side of the cones that is farthest from the wall. They can retrieve cotton balls from the floor that didn't stick. They must move back behind the cones before throwing the cotton balls.
- Transition Out* Children pick up any cotton balls left on the floor, return them to the storage container and return to their Starting Position.

ACTIVITY C: Sneaky Snake Challenge

Ages 3-7

GOALS

Children should be able to recognize under versus over, forwards versus backwards.

SKILLS

Perceptual Motor Skills
Body awareness
Spatial awareness

Strength
Core strength
Upper body strength

Other Skills
Motor planning
Bilateral movement

EQUIPMENT

Party streamers

4-6 tall cones, adult-sized chairs or stacks of kid-sized chairs

HOW TO

Set Up

Make two lines of 2 to 3 cones or chairs each, 1-2 feet apart. Weave the streamers around the cones or the backs and legs of the chairs, forming a web of streamers parallel to the floor, about 1 foot off the floor, making a tunnel underneath. If your space is large enough, do this set up before the children arrive.

Transition In

Show the children the tunnel that is made with the streamers.

Introductory Questions

How do snakes move?
Do you think that would be the best way to get through this tunnel?

Explain The Game

Have the children move from one end of the web to the other on their bellies like snakes.

When I say GO!

Transition Out

The children return to the Starting Position.

Change Up

For older children, the web can be multilayered so that they have to decide whether to go under or over the streamers without breaking them.

ACTIVITY D: Manic Movement
Ages 2-7

GOALS

Children should be able to follow the directions given and attempt the movements offered.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial 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

EQUIPMENT

None needed

HOW TO

Set Up

No set up needed

Transition In

Children should be in their Starting Position.

Introductory Questions

What are some signs of Fall? How could those things move?

Explain The Game

When I say GO!

Children are going to move to the other end of the room in various ways like:

- Leaves falling from a tree
- Pumpkins rolling down the street
- Birds flying south for the winter
- Marshmallows floating on top of hot chocolate

Transition Out

Children return to the Starting Position.