Physical Literacy Program kids move + teachers learn Pop, Hop \& Rock ${ }^{T M}$ Curriculum
September Week 2, A: If You Are Wearing Equipment

Poly spots, 1 spot per child

| Set Up | Spots in a circle, 12-18 inches apart. |
| :--- | :--- |
| Trans-In | Children stand on spots. |
| Intro Qs | What color spot are you standing on? <br> What colors are the spots next to you? <br>  <br>  <br>  <br>  <br>  <br> Who is standing next to you? Where <br> is the outside of our circle? <br> Is everyone wearing the same clothes <br> and shoes today? |
| Explain | When I call out a color, check your <br> clothes and shoes. If you are wearing <br> The <br> Game: color, run around the outside of <br> the circle one time and return to your <br> When I <br> say GO! <br> spot. Run around the circle in the <br> same direction so no one gets hurt. |
| Trans-Out | Children pick up their spots, balance <br> them on their heads, and return them <br> to the teacher, using their hands to <br> make a pancake stack. |
| Change | Other cues: patterns, letters on their <br> clothes, types of shoes, having long or <br> short hair, wearing a dress, pants, etc. |
| Up |  |

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Equipment
6-8 Poly Spots
\(\left.$$
\begin{array}{|ll|}\hline \text { Set Up } & \begin{array}{l}\text { Make a line of spots perpendicular to } \\
\text { and extending away from the Starting } \\
\text { Position. }\end{array} \\
\text { Trans-In } & \begin{array}{l}\text { Children gather in Starting Position. }\end{array} \\
\text { Intro Qs } & \begin{array}{l}\text { How does a kangaroo hop? What } \\
\text { about a rabbit? (Demonstrate jumping } \\
\text { from two feet to two feet.) }\end{array} \\
\text { Explain } & \begin{array}{l}\text { The children take turns hopping on } \\
\text { spots, two feet glued together like a }\end{array} \\
\text { The } \begin{array}{l}\text { Game: } \\
\text { When I } \\
\text { say Go! } \\
\text { land on a spot, they name the color of } \\
\text { the spot. }\end{array} \\
\text { Trans-Out } & \begin{array}{l}\text { Return to the end of the line in the } \\
\text { Starting Position. Repeat game. }\end{array}
$$ \\
Ask one of the children to pick up the \\

spots and make a pancake stack.\end{array}\right\}\)| For older children, the spots could |  |
| :--- | :--- |
| have letters or numbers on them. |  |
| Up | For younger children use fewer spots. |

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## Equipment

Two sided cards with a different color/symbol combination on each side (See Equipment List)

| Set Up | Place two sided cards all over the <br> floor, with one color/symbol side up. |
| :--- | :--- |
| Trans-In | Children gather in Starting Position. |
| Intro Qs | (For cards with 5 on one side and 2 on <br> the other.) What number do you see <br> on the floor? <br> (Showing the children one of the <br> cards) What number is on this side? |
|  | What number is on the other side? <br> How can I change every 5 into a 2? |
| Explain | Children will flip all the cards, from first <br> side to second side, staying on their <br> feet, not on their knees. |
| The Game: |  |
| When I | Return to the Starting Position. <br> say GO! <br> Repeat. |
| Trans-Out | Children pick up the cards and make a <br> pancake stack in a teacher's hands. |
| Change | For younger children, use the colors <br> as a cue instead of the numbers. Use <br> other symbols: letters, shapes, <br> animals, etc. |

Physical Literacy Program kids move + teachers learn Pop, Hop \& Rock ${ }^{\text {TM }}$ Curriculum September Week 2, D: Brown Bear
Equipment: None

| Set Up | Ideas for animals and movements: |
| :---: | :---: |
|  | Birds fly. Bears lumber. <br> Penguins waddle. Elephants stomp. <br> Foxes prance. Snakes slither. <br> Horses gallop. Kangaroos jump. <br> Monkeys swing. Giraffes stretch. |
| Trans-In | Children gather in Starting Position. |
| Intro Qs | Have you ever read the book Brown Bear, Brown Bear, What Do You See? <br> Do all animals move in the same way? |
| Explain The | Children ask, "Brown bear, brown bear, what do you see?" |
| Game: <br> When I <br> say Go! | Teacher responds, "I see a bird flying past me!" Children move around the space like birds, careful not to fly into their friends or objects in the room. Repeat with other animals. |
| Trans-Out | Return to Starting Position. |
| Change Up | Children supply animal movement. Teacher says, "I see a bird going past me." Children decide how to move. |

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