Physical Literacy Program pop hop & rock kids move + teachers learn Pop, Hop & Rock™ 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? What colors are the spots next to you? Who is standing next to you? Where is the outside of our circle?
	Is everyone wearing the same clothes and shoes today?
Explain The Game: When I say GO!	When I call out a color, check your clothes and shoes. If you are wearing that color, run around the outside of the circle one time and return to your spot. Run around the circle in the same direction so no one gets hurt.
Trans-Out	Children pick up their spots, balance them on their heads, and return them to the teacher, using their hands to make a pancake stack.

## pop hop & rock Trans-In Explain The

## clothes, types of shoes, having long or short hair, wearing a dress, pants, etc.

Pop, Hop & Rock™ Curriculum September Week 2, B: Spot Hop, Name Color

Equipment 6-8 Poly Spots

Set Up Make a line of spots perpendicular to and extending away from the Starting Position.

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Children gather in Starting Position. Intro Qs How does a kangaroo hop? What about a rabbit? (Demonstrate jumping

from two feet to two feet.)

The children take turns hopping on spots, two feet glued together like a Game: kangaroo or a rabbit. Each time they When I land on a spot, they name the color of say Go! the spot. Return to the end of the line in the

Starting Position. Repeat game. Trans-Out Ask one of the children to pick up the spots and make a pancake stack.

Change For older children, the spots could Up have letters or numbers on them. For younger children use fewer spots.

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Other cues: patterns, letters on their

Change

Up

Physical Literacy Program pop hop & rock kids move + teachers learn Pop, Hop & Rock™ Curriculum September Week 2, C: Number Turnover, Level 1

Equipment

Up

Two sided cards with a different color/symbol combination on each side (See Equipment List)				
	Set Up	Place two sided cards all over the 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 the other.) What number do you see on the floor? (Showing the children one of the cards) What number is on this side? What number is on the other side? How can I change every 5 into a 2?		
	Explain The Game: When I say GO!	Children will flip all the cards, from first side to second side, staying on their feet, not on their knees. Return to the Starting Position. Repeat.		
	Trans-Out	Children pick up the cards and make a pancake stack in a teacher's hands.		
	Change	For younger children, use the colors		

pop hop & rock Physical Literacy Program kids move + teachers learn Pop, Hop & Rock™ Curriculum September Week 2, D: Brown Bear Equipment: None

Set Up	Ideas for animals and movements:		
	Birds fly. Penguins waddle. Foxes prance. Horses gallop. Monkeys swing.	Snakes slither. Kangaroos jump.	
Trans-In	Children gather in Starting Position.		
Intro Qs	Bear, Brown Bear, What Do You See? Do all animals move in the same way?  Children ask, "Brown bear, brown bear, what do you see?"  Teacher responds, "I see a bird flying past me!" Children move around the		
Explain The Game: When I say Go!			

Return to Starting Position. Change Children supply animal movement. Up Teacher says, "I see a bird going past me." Children decide how to move.

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animals, etc.

as a cue instead of the numbers. Use

other symbols: letters, shapes,

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Trans-Out