



## September Week 4, A: Everybody's It

Equipment: None

<i>Set Up</i>	No set-up needed
<i>Trans-In</i>	Children gather in Starting Position.
<i>Intro Qs</i>	When you play tag, what is the tagger called? (It) How many kids are usually It? (One)
<i>Explain The Game: When I say GO!</i>	In this game, everybody is It. Everybody gets to tag and everybody can get tagged. Remind the children how to tag: touching gently, not hitting or pushing. Children must run in the same direction while tagging each other. When a child gets tagged, the tagged child goes to the center of the room, does 3 jumping jacks, returns to game.
<i>Trans-Out</i>	Children return to Starting Position.
<i>Change Up</i>	Try a different aerobic move instead of jumping jacks, like hopping in place. Kids may have trouble with jumping jacks, but any attempt is good enough.



## September Week 4, B: Birds' Nests, Level 1

Equipment: 10 poly spots, 30 sponge balls

<i>Set Up</i>	Lay out a row of 5 spots, parallel to the children in the Starting Position. Lay out 5 more spots in a parallel row on the opposite side of the room. On top of each spot in the farther row, place 6 sponge balls.
<i>Trans-In</i>	Children gather in Starting Position.
<i>Intro Qs</i>	If all of these spots are nests, what do you think you might be? (Birds) If you are birds, what do you think the balls might be? (Eggs) Are eggs fragile?
<i>Explain The Game: When I say Go!</i>	The eggs are in nests in weak trees. The children's job is to save the eggs and move them to the empty nests in stronger trees, the row of empty spots close to them. Children must move the eggs one at a time, quickly & carefully.
<i>Trans-Out</i>	Children return to Starting Position. Pick up spots, leave balls for Sorting.
<i>Change Up</i>	Fix the first trees. Repeat the game, having the children return the eggs to the newly-repaired first trees.



## Equipment

Assorted colored sponge balls, 5-6 per child  
Buckets to match colors of the sponge balls

<i>Set Up</i>	Line up the buckets in a row parallel to the children on the opposite side of the room. Spread out sponge balls on the floor between children and buckets.
<i>Trans-In</i>	Children gather in Starting Position.
<i>Intro Qs</i>	As you place each bucket on the floor, asks the children what color it is.
<i>Explain The Game: When I say GO!</i>	The children will sort the balls into the buckets based on color. All the red balls will go in the red bucket, all the blue balls in the blue bucket, etc. The children can only carry one ball at a time. They must stay on their feet, not on their knees.
<i>Trans-Out</i>	Children return to Starting Position. The teacher picks up each bucket and asks the children what color should be in the bucket before pouring the sponge balls into storage container.
<i>Change Up</i>	Older children play the game while bear crawling or kangaroo hopping.



Equipment: 5-6 sponge balls per child, 10-15 cones

<i>Set Up</i>	Cones down the middle of the room, dividing room in half. Toss sponge balls on either side of cones.
<i>Trans-In</i>	Children gather in Starting Position. Send half to the opposite side of room.
<i>Intro Qs</i>	Do we want trash in our backyard? Do we throw trash in our neighbor's yard?
<i>Explain The Game: When I say Go!</i>	Children are in their backyards and they must stay in their backyards. The cones are a big wall. The sponge balls are trash. Children clean up their backyards by throwing the trash over the wall. Demonstrate throw - step forward with the leg opposite the throwing hand.
<i>Trans-Out</i>	Children return balls to their storage container and stack the cones.
<i>Change Up</i>	They live in the world of backwards, and must throw the balls backwards over their shoulders. Then, upside down and backwards, throwing through their legs.