



September Week 3, A: Cape Capture

Equipment

Scarves, at least 2 per child – more is better

<i>Set Up</i>	Have scarves ready to go.
<i>Trans-In</i>	Children gather in Starting Position. They turn around with backs facing the teacher. Tuck one scarf in the back of child's shirt to make a cape.
<i>Intro Qs</i>	What do superheroes wear on their backs? (Capes) What happens when superheroes lose their capes? (They get another one.)
<i>Explain The Game: When I say GO!</i>	Running in the same direction, try to capture a cape off a friend's back without having your cape captured. If your cape is captured, get a new cape from the teacher.
<i>Trans-Out</i>	Children pull their capes off their backs to use for Bridge Building.
<i>Change Up</i>	Older children can manage this game without running in the same direction.



September Week 3, B: Bridge Building

Equipment: 2 different colored scarves per child

<i>Set Up</i>	Children are holding 1 scarf each. Spread rest of scarves on the floor.
<i>Trans-In</i>	Children gather in Starting Position and choose a second scarf that is a different color from the first.
<i>Intro Qs</i>	If we pretend the floor is a river, and we don't want our feet to get wet, what do we need to get across? (a bridge)
<i>Explain The Game: When I say Go!</i>	Children use scarves to build a bridge from Starting Position. They must keep their feet on the scarves. How to build bridge with Scarf 1 and 2: Place Scarf 1 on the floor right in front of you. Step on top of Scarf 1. Place Scarf 2 in front of Scarf 1 and step on top of Scarf 2. Reach around behind you and grab Scarf 1. Pull it around in front of Scarf 2. Step onto Scarf 1. Repeat: Reach around, place, step.
<i>Trans-Out</i>	Children pick up their 2 scarves and go back to the Starting Position



September Week 3, C: Color Run

Equipment: 2 different colored scarves per child

<i>Set Up</i>	Children each have 2 different colored scarves.
<i>Trans-In</i>	Children gather in Starting Position. If there is a large group, split it in half, with 2 groups standing on opposite sides of the room facing each other.
<i>Intro Qs</i>	What color scarves you are holding?
<i>Explain The Game: When I say GO!</i>	<p>The teacher calls out a color.</p> <p>If you are holding that color scarf, run to the opposite side of the room.</p> <p>Each time the teacher calls a color they are holding, they must run to the opposite side.</p> <p>Remind the children that many children will be running at the same time. They must be careful and watch where they are going.</p>
<i>Trans-Out</i>	Ask the children to put the scarves back in their storage container.
<i>Change Up</i>	For younger children, use one scarf per child.



September Week 3, D: Frog Pond

Equipment: At least 14 Poly Spots

<i>Set Up</i>	Place the spots on the floor in front of the Starting Position, 4 in one row, then three, then 4, then three.
<i>Trans-In</i>	Children gather in Starting Position.
<i>Intro Qs</i>	If you were green and you lived by a pond, what would you be? If you are a frog, how do you move? If you were a frog, what would you sit on in the middle of the pond?
<i>Explain The Game: When I say Go!</i>	<p>The spots are lily pads in a pond.</p> <p>Each child will take a turn hopping across the pond, from two feet to two feet, from lily pad to lily pad, to the other side. Take turns hopping back.</p>
<i>Trans-Out</i>	Return to Starting Position.
<i>Change Up</i>	For older children, add a challenge. Frog-eating spiders are on all the green spots, so they must avoid the green spots. Then, add spiders to yellow spots. Then, add spiders to red spots.