



Teacher Activity A: Freeze & Melt, Star Touch

Equipment

Poly spots, at least one per child

At least 6 poly stars in different colors

Construction paper stars that match poly stars

Painters Tape and Music

Set Up	Make a big circle with spots and stars 1 child's stride apart. Tape paper stars to walls around the room.
Trans-In	Children stand on a spot or star.
Intro Qs	What do you see on the floor? Do you see the same color stars on the wall?
Explain The Game: When I say GO!	Children walk around circle while music plays. When music stops – If on a spot, melt to the floor. If on a star – run to the same color star on the wall and run back. Start music again.
Trans-Out	Children return spots and stars to storage container.
Change Up	Younger children – put paper stars on the floor. Older children – Do jumping jacks on spots instead of melting.



Teacher Activity B: Hoop Movement

Equipment

1 hoop per child

Set Up	Spread hoops out on the floor.
Trans-In	Each child stands inside a hoop.
Intro Qs	Do you think you can move lots of different ways around your hoop?
Explain The Game: When I say GO!	<ul style="list-style-type: none"> Stand with 1 foot in and 1 foot out. Run around hoop. Switch feet and run opposite way. Stand in center. Jump sideways out and back in. Stand outside. Jump forward in, turn around, jump out, turn around. Hands in hoop, feet out. Move around the hoop. Switch to feet in hoop and hands out. Move around.
Trans-Out	Return hoops to storage.
Change Up	Older children who are tall enough: Stand inside hoop. Jump feet out wide to outside of hoop and back in like jumping jacks; Stand outside and jump all the way over the hoop.