

Lesson Plan: September Weeks 1 and 2

TIME: Approximately 20 minutes to do all 4 activities

ACTIVITIES



Teacher A: Freeze and Melt, Jacks and Stars



Teacher B: Ant Trail



Family Activity A: Flip the Plate
(Shown with hula hoops instead of plates)



Family Activity B: Fly Smack

Pop, Hop & Rock™ Curriculum September Weeks 1 and 2

EQUIPMENT	Description and Alternatives	Purchase
Poly Spots	<p>Vinyl circles, about 9 inches in diameter, in a variety of colors. They are versatile and durable, sticky enough to stay put on the floor and hefty enough to use as a steering wheel. If you have the funds, these spots are worth the investment.</p> <p>Alternatives: For spots to use on the floor, you can cut circles out sheet vinyl, cheap placemats, shelf liner or non-skid rug liner. Or, you can mark places on the floor with colored masking tape. For the second game, you will need something that can be moved as part of the game, and it will need to be in different colors.</p> <p>Remember that Play with a Purpose offers Pop, Hop & Rock™ subscribers a 10% discount on purchases with code P10-PopRockHop.</p> <p><i>This promotional is just for you! We do not receive any compensation from this.</i></p>	<p>Play with a Purpose Amazon</p>
Poly Stars	<p>Poly stars are poly spots in a star shape. Alternatives to these stars are the same as the poly spots.</p>	<p>Champion Sports</p>
Music	<p>Any kind of upbeat music will do. We love “I Like to Move It” from the Madagascar movie.</p>	

Pop, Hop & Rock™ Curriculum September Weeks 1 and 2

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher A Freeze & Melt Jacks & Stars	Teacher B Ant Trail	Family C Flip the Plate	Family D Fly Smack
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X		X
Directional Awareness	X	X	X	
Spatial Awareness		X		X
Temporal Awareness	X	X	X	X
<i>Sensory Skills</i>				
Auditory Processing	X			
Proprioceptive Development				X
Vestibular Development		X	X	
Visual Processing	X	X	X	X
<i>Strength</i>				
Aerobic Strength				X
Core Strength	X	X	X	X
Grip Strength		X	X	X
Upper Body Strength	X	X	X	X
Lower Body Strength	X			
<i>Other Skills</i>				
Crossing the Midline	X	X	X	X
Eye-Hand Coordination	X		X	X
Motor Planning		X	X	X
Bilateral Movement	X	X	X	X
Balance		X		X

See REFERENCE: Skills, Strengths, Motor Movements for more information

TEACHER ACTIVITY A: Freeze & Melt, Jacks & Stars
Ages 3.5-6

GOALS

Children will practice jumping jacks and listening skills while building core strength and self control.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Temporal awareness

Sensory Skills

Auditory processing
Visual processing

Strength

Core strength
Upper body strength
Lower body strength

Other Skills

Crossing the midline
Eye-hand coordination
Bilateral movement

EQUIPMENT

Poly spots, at least one per children
At least 6 poly stars in different colors
Music

HOW TO

- Set Up* Place spots and stars in a large circle on the floor. Spots and stars should only be a child's sized stride length apart.
- Transition In* Ask children to find a spot or a star to stand on.
- Introductory Questions* What do you see on the floor?
- Explain The Game When I say GO!* When the music starts, children will move in the same direction stepping from spot/star to spot/star.
When the music stops, children will freeze on a spot or star. If they are standing on a star, they will melt to the ground and put their belly buttons on the spot. If they are standing on a spot when the music stops they will do jumping jacks.
When the music starts again, they will either begin moving around the circle again.
- Transition Out* Each child will pick up a spot and take it to one end of the room. Collect the stars.
- Change Up* For children younger than 3.5 remove the stars and just have children melt to a spot when the music stops.
For older children, when the music stops if they are standing on a star, run around the circle, avoiding all the feet of those lying on the floor, trying to get back to your star first.

TEACHER ACTIVITY B: Ant Trail
Ages 4-7

GOALS

Children will noodle out moving their bodies across the room without touching the floor.

SKILLS

Perceptual Motor Skills

Body awareness
Directional awareness
Spatial awareness
Temporal awareness

Strength

Core strength
Grip strength
Upper body strength

Sensory Skills

Vestibular development
Visual processing

Other Skills

Crossing the midline
Motor planning
Bilateral movement
Balance

EQUIPMENT

Three poly spots for each child

HOW TO

Set Up

None

Transition In

Children stand at one end of the play space with a spot from the last game. Hand each child two more spots so each child has three.

Introductory Questions

Have you ever seen ants on a log?
Have you ever seen ants carry things?
Do you think you could be an ant?

Explain The Game When I say GO!

Children will put one spot on the ground in front of them and stand on it. They will place the other two spots in a line in front of them. They will walk on those spots, reach behind to pick up the first two spots, and place them in front, and continue. So, they are using the spots as a bridge to get from one side of the room to the other.

Transition Out

Return the spots to their container.

Change Up

For older children mix up the game by giving them more spots with at least two that are the same color. Explain that the two of the same color can never be next to each other in the bridge. How do they move forward? Or challenge them with the rule that orange and yellow can't be next to each other, or blue and green, etc.