

Lesson Plan: September 3 and 4

TIME: Approximately 20 minutes to do all 4 activities

ACTIVITIES



Teacher A: Freeze and Melt, Star Touch



Teacher B: Hoop Movement



Parent A: Yoga Musical Chairs



Parent B: Sound Play

Pop, Hop & Rock™ Curriculum September Weeks 3 and 4

EQUIPMENT	Description and Alternatives	Purchase
Poly Spots, at least one per child, preferably 5-10 extra	<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.</p> <p>Remember that Play with a Purpose offers Pop, Hop &amp; 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><a href="#">Play with a Purpose Amazon</a></p>
Poly Stars, 6 of different colors	<p>Poly stars are poly spots in a star shape. Alternatives to these stars are the same as the poly spots.</p>	<p><a href="#">Champion Sports</a></p>
Hula Hoops, 1 per child	<p>The best hoops are Dura Hoops from Play with a Purpose. They are sturdy and not likely to bend when two children pull the sides. They are expensive, but worth the investment.</p> <p>An alternative is Dollar Tree, but you will be buying new ones frequently and they are fairly seasonal.</p> <p>For the game below, another alternative is painters tape on the floor in the shape of a circle, one circle per child.</p>	<p><a href="#">Play with a Purpose</a></p>
Painters tape		<p>Your local hardware or craft store</p>
Cardboard copies of the polystars	<p>Trace each of the 6 poly stars on cardboard or construction paper that is the same color as the star</p>	
Music	<p>Any upbeat music will work, we love “Move It” from the Madagascar movie</p>	

Pop, Hop & Rock™ Curriculum September Weeks 3 and 4

DEVELOPING SKILLS	Lesson Plan Activities			
	Teacher A Freeze & Melt, Star Touch	Teacher B Hoop Movement	Family C Yoga Musical Chairs	Family D Sound Play
<i>Perceptual Motor Skills</i>				
Body Awareness	X	X	X	
Directional Awareness	X	X	X	X
Spatial Awareness	X	X	X	X
Temporal Awareness		X	X	
<i>Sensory Skills</i>				
Auditory Processing	X	X	X	X
Proprioceptive Development	X	X	X	
Vestibular Development		X	X	
Visual Processing	X		X	
<i>Strength</i>				
Aerobic Strength	X			
Core Strength	X	X	X	
Grip Strength	X			
Upper Body Strength	X	X	X	
Lower Body Strength		X	X	
<i>Other Skills</i>				
Crossing the Midline			X	X
Eye-Hand Coordination	X			
Motor Planning	X	X	X	
Bilateral Movement		X	X	
Balance			X	

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

TEACHER ACTIVITY A: Freeze & Melt, Star Touch

Ages 3.5-6

GOALS

Children will practice color recognition while getting aerobic

SKILLS

**Perceptual Motor Skills**

**Body awareness**  
**Directional awareness**  
**Spatial awareness**

**Strength**

**Aerobic strength**  
**Core strength**  
**Grip strength**  
**Upper body strength**

**Sensory Skills**

**Auditory processing**  
**Proprioceptive development**  
**Visual processing**

**Other Skills**

**Eye-hand coordination**  
**Motor planning**

EQUIPMENT

Poly spots, at least one per child, preferably about 5-10 more than that  
Poly stars, 6 of different colors  
Cardboard or construction paper stars in the same colors as the 6 polystars  
Painters tape  
Music

HOW TO

- Set Up* Make a circle in the middle of the play space with the spots and stars mixed randomly. The spots and stars should be about a child's stride length apart. Tape the cut outs of the stars randomly on the walls around the room.
- Transition In* Ask the children to come find a spot or a star to stand on.
- Introductory Questions* What do you see on the floor? What do you see on the walls? Are the stars on the walls the same colors as the stars on the floor?
- Explain The Game When I say GO!* The children are going to walk around the circle from spot to spot to star when the music is playing. When the music stops - If they are on a spot, they will melt to the floor, putting their belly buttons on the spot. If they are on a star, they find the star that is the same color taped to the wall, run and touch it, and come right back. When the music starts again, they will begin to move around the circle.
- Transition Out* The children will pick up the spots and stars and return them to their containers.
- Change Up* For 3 year olds, tape the construction paper stars on the floor about 5 feet from the poly stars and have the children play the same game. For older children, have them do jumping jacks on the spots instead of melting.



TEACHER ACTIVITY B: Hoop Movement

Ages 2-6

GOALS

Children will work on numerous skills while maintaining distance and working within their own space

SKILLS

**Perceptual Motor Skills**

**Body awareness**  
**Directional awareness**  
**Spatial awareness**  
**Temporal awareness**

**Strength**

**Core strength**  
**Upper body strength**  
**Lower body strength**

**Sensory Skills**

**Auditory processing**  
**Proprioceptive development**  
**Vestibular development**

**Other Skills**

**Motor planning**  
**Bilateral movement**

EQUIPMENT

One hoop per child

HOW TO

- Set Up* Place the hoops on the floor with ample space around each one.
- Transition In* Ask the children to find a hoop and stand in it.
- Introductory Questions* If we keep the hoops on the floor do you think you can move your body in lots of different ways around it?
- Explain The Game When I say GO!* Children stand with one foot in the hoop and one foot out of the hoop. Have them run around the hoop keeping one foot in and one foot out. Then have them switch feet and switch running direction.
- Children stand in the center of the hoop and jump sideways out of the hoop and back into the hoop. Repeat several times.
- Children stand outside the hoop, facing the hoop. They jump forward into the hoop. Turn around and jump forward out of the hoop. Turn around and repeat several times.
- Children step out of the hoop and put their hands in the middle, with their feet out of the hoop, bear crawl style. They move around the hoop, keeping their hands in and their feet out all the time. Then switch so their feet are in the hoop and their hands are out, moving around the hoop.
- Transition Out* Children return the hoops to their container.
- Change Up* For older children, who have longer legs, ask them to stand in the middle of the hoop and jump both feet out wide and then both feet in, like jumping jacks. Then ask them to stand outside the hoop and jump all the way over the hoop, turn around and hop all the way over it again.