



Welcome to Pop, Hop & Rock's™ **Physical Literacy Program**, where **kids move** and **teachers learn**.

Here are a few hints to help you get all the benefits of our **Pop, Hop & Rock Curriculum** and our **Move to Learn Training Series**.

Administrators: Your account **Dashboard** helps you coordinate your account. From your **Dashboard** you can:

- Manage your billing address, under **Addresses**.
- Edit your password and other account details under **Account Details**.
- Manage your billing under **Payment Methods**.
- Manage your subscription, including cancelation, under **My Subscription**.

From the **Navigation** bar you will have immediate access to the **Pop, Hop & Rock Curriculum** and, within 24 hours of subscribing, you will also have access to the **Move to Learn Training Series**.

Teachers: With the coupon you receive, you will have immediate access to the **Pop, Hop & Rock Curriculum** and, within 24 hours of creating your account, you will also have access to the **Move to Learn Training Series**.

The **Pop, Hop & Rock Curriculum** Monthly Lesson Plans can be accessed on the Navigation Bar, under My Account. New lesson plans will post on the first weekday of the month and remain online for *only 45 days*. Be sure to check out the new plans as soon as they post so you don't miss out on any content.

Here are some suggestions on how to best use the **Pop, Hop & Rock Curriculum**:

- Print the **four weekly lesson plans** available for each month and compile them in a notebook for your reference. By the end of the year, you will have full descriptions of over 150 activities in that notebook.
- Print the **printable lesson plan cards** on cardstock, laminate them, and keep them with your **Pop, Hop & Rock Curriculum** supplies. These cards provide a quick reference for playing the games. They are easy to take with you and use with your class.
- Look over the monthly **supplies list**. It will tell you what supplies you will need for that month's games, give you ideas of where to obtain the supplies, and provide some DIY alternatives.
- Review the **Strengths & Skills** reference guide to understand how the **Pop, Hop & Rock Curriculum** activities will help your students.
- Review the **Terms** reference guide, containing definitions of key terms to keep the games and the children moving.

Remember: Each month's **Pop, Hop & Rock Curriculum** lesson plans will only be available for 45 days, so don't wait to download them and start playing, growing and learning.



The **Move to Learn Training Series** monthly units will be sent to you via email. *Please save this email in a safe place. You will need it to access the professional development unit and the self-evaluation form.*

The email will contain a link that will send you to the monthly **Move to Learn Training Series** unit. Each unit contains:

- An **instructional video**, teaching you about the topic of the month
- A **training document** with more information and some activities for you to try, including:
 - A **Quick Idea** for incorporating physical literacy throughout your day
 - An **Activity** to try with your class
 - A **Collaborative Assignment** to do with a colleague so you can learn together
- A set of **professional development cards** with that unit's **Quick Idea** and **Activity** for you to print and use for easy reference.

The email will also contain:

- A link to a **self-evaluation form** for you to fill out after completing the activities
- An invitation to participate in our **Facebook Group: Pop Hop and Rock Group** to share your ideas with other teachers

You will have access to the **Move to Learn Training Series** for the duration of your subscription, so you can take the training units at your own pace. The series builds from one month to the next, so please engage with the units in order. Once you have completed the self-evaluation form for each unit, you will receive, via email, a certificate for one hour of professional development.

Remember: Save the introductory email in a safe place so you can access your **Move to Learn Training Series** units and the **self-evaluation forms**.

If you have any questions or need any assistance, [Contact Us](#) for support.