

LESSON PLAN

Class Title: Playtime So Good For Me

Target Audience – 3 to 5 year olds (any preschool-aged class)



Objectives of class:

1. To play games (have fun!) using the ball. This will help children be active by using their big muscles and to give the opportunity to play cooperatively with each other
2. To introduce the idea of the importance of family activity to the parents and guardians by:
 - a. Giving each child an activity ball to share with their family. Make sure parent or guardian signs liability slip.
 - b. Giving the brochure with mini-poster and insert with activity ideas.

Length of class: 10-15 minutes

Introduction

Introduce yourself. We're happy to be here today. We've come to play some games with you using this ball (show ball).

Questions to ask:

Do you like to play?

Do you like to have fun?

Well, those are two of your big jobs right now. We all have more fun learning and being active if we enjoy what we are doing.

Games to Play

WIC staff will demonstrate each game beforehand. Involve the teacher as well if they are willing. Note: each game will be a group game using one ball to keep the activity more controlled.

Safety reminder: Before we start, we have a two safety rules about the ball. We want you and the ball to be safe:

1. We toss the ball; we do not kick the ball.
2. We sit on chairs and on the floor; not on the ball.
3. We do not throw the ball at another person.

Let's Play Games!!!

The Name Game. Sitting on the floor in a circle, the child holding the ball will say another circle member's name and roll the ball to them. Continue until all the names have been said and all members have been included. May continue as long as group enjoys. May have to encourage children to ensure all children are included.

Pass the ball (warm-up game). Make sure everyone is in the circle and included (if they want to play). Pass the ball from one person to the next (rotate upper trunk while feet stay planted – good upper body twist).

Froggie up and over. This one is a little harder (demonstrate with 3 or 4 grown-ups). Stand in a circle. Standing in a circle again, find your neighbor on your left. Turn so you are facing this person's back (demonstrate). Help children figure out which person is on their left.

1. 1st person – put ball up and over their head
2. 2nd person – reach for ball. Then bend down, holding ball with two hands and, stretching, hold ball out between your legs to person behind you.
3. 3rd person – takes ball, stands up and, holding onto ball with two hands, starts the process over again.

Repeat Steps 1-3 for several go-rounds of the circle (as long as children are engaged).

This game provides a good hamstring stretch, helps children learn to follow instructions and helps children to learn left from right.

Popcorn – Best to play in a room with a high ceiling or outdoors. Find a large bed sheet or table cover. Have all the children hold onto the side or corner of the sheet. Place the "Playtime" ball in the center of the sheet. "Pop" the ball up into the air and try to catch the ball as it comes down. This can also be played with several balls or balloons.



