

Time	Lead Teacher	References & Cues	Assistant Teacher	Equipment Needed/ Set up
0-1 Min	Entry to polyspot circle.  Children each sit on a polyspot.	Polyspot picture card	Set up kick stations	1 orange and 1 green polyspot for each child  1 playground ball (or substitute) for each child  1 beanbag for each child  1 scarf or 1 green sticker for each child  1 Target, floor height/ per child  CD player
1-3 mins	Warm up: The body rock  The music will play children should follow along with the cues and perform each motor skill for the duration.	Warm up CD track number 8  Kick Task Card	Continue set up of kick stations	Place 1 orange polyspot, 1 green polyspot and 1 playground ball on top of a beanbag on the ground around the room for kicking spots for each child.  1 target, floor height/per child
Transition	Have students sit back on her/his individual polyspot			
3:15-5:15 mins	<b>Talk about today's theme: Cloudy w/ a Chance of Meatballs</b>	Kick Skill Card	Assist lead teacher with putting a green	Continue set up if need be

	<p>How many of you have seen the movie Cloudy with a Chance of Meatballs? What happens? Food falls out of the sky doesn't it? Today we are going to help remove the food that falls out of the sky. Today we are going to kick meatballs at the spaghetti plates. Who wants to help?</p> <p>Review the kick:</p> <p><i>Today we are going to practice kicking like we did before. Can anyone show me how we kicked. (see if a child can demo). Great job. Suzie did a good job of stepping and kicking. Do you remember where we kick the ball with our foot? With the shoelaces that's right! Ok when I say go, I want you all to walk slowly to an orange spot. When you get there we are going to work together to kick the ball through the goal. Go!"</i></p>		<p>sticker on each child's kicking foot</p>	
<p>30 secs</p>	<p>Transition from polyspot circle to each student's kicking spot.</p>			
<p>5:15-15:15 mins</p>	<p>Progressions 1 &amp; 2</p> <p><b>Progression 1:</b> Standing on the orange polyspot step with the green sticker foot onto the green polyspot and kick the soccer ball with the shoelaces of the other foot in between the blue cones goal. Each child should retrieve his/her own ball and place it back on top of the beanbag ready to be kicked again. Repeat 10 times.</p> <p><b>Progression 2:</b> <i>Freeze! Walk and get your ball and place it on your beanbag. Thank you! Now, sit crisscross apple sauce on</i></p>	<p>CUES: step and kick. Step with sticker foot. Kick with your shoelaces.</p> <p>CUES: Three steps and kick. Kick with your</p>		

	<p><b><i>down on your red (orange) spot.</i></b></p> <p><b>Now I'm going to take a few steps before I kick the ball.</b></p> <ul style="list-style-type: none"> <li>Slide red poly spot 3 ft back from the original spot, briskly walk and step on the green polyspot with the sticker foot and kick the ball with the shoelaces towards the target.</li> <li>Repeat 10 times.</li> </ul> <p>Now, stand up on your red spot. Slide it back a few steps. Freeze! Now it's your turn. Walk and Kick.</p>	shoelaces.		
30 sec	Transition back to polyspot circle	movers and shakers card	set up movers and shakers	
15:30-17:30 mins	<p>Locomotor Break: Monkey Tails</p> <p>Each child needs 1 scarf. The child can tuck the scarf into a pocket, belt or waistline of pants. Half the scarf is tucked, the other half is sticking out to make a monkey tail.</p> <p>The object is to perform the locomotor skill that the teacher calls out (skip, gallop, walk, run, jog, leap, hop, shuffle) and try to get each other's monkey tail.</p> <p>Every 15-30 seconds freeze the group, reset monkey tails and call out a new locomotor skill.</p>			
17:30-18:45 mins	Transition back to polyspot circle and demonstrate progressions 3 and 4.		Remove mover and shaker cones. Back up the orange polyspots another 3 ft.	

18:45-28:45 mins	<p>Progressions 3 &amp; 4</p> <p><b>Progression 3:</b> Same as progression 2 but 6 ft from original spot.</p> <p><b>Progression 4:</b> Same as progression 3 but 9 ft from original spot. Children can work up to a run from a brisk walk.</p>	<p>CUES: Run, step and kick. Kick with your shoelaces.</p> <p>CUES: Same as progression 3.</p>	<p>Assist lead teacher by providing cues, feedback and monitoring behavior.</p>	
30 secs	Transition back to polyspot circle		Pick up equipment	
29-30 mins	<p>Closure:</p> <p><i>“Who can tell me which foot we step with? The sticker foot, awesome. Where do we kick the ball on our foot? The shoelaces, great! Everyone did a good job today of stepping and kicking.”</i> “Did everyone have fun helping me clean up the meatballs that fell from the sky??”</p>		Pick up equipment	