

## Activity 1.1 (Week 1 Monday) Shape Moving

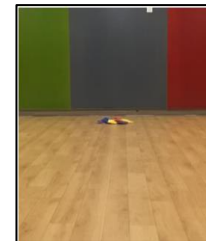
**Materials Needed:** ➤ Rigid Cones



- Using cones make a shape on the floor and begin with the children walking around it.
- Slowly progress to more challenging shapes and locomotor skills.

## Activity 1.2 (Week 1 Tuesday) Find the Color

**Materials Needed:** ➤ Beanbags



- Have a pile of beanbags at one end of the room.
- The educator will specify locomotor skill and color of beanbag.
- The child must move to the pile at the other end of the room, using the specified locomotor skill and find the correct beanbag color.
- They will then come back across the room using the same locomotor skill.



## Activity 1.3: (Week 1 Wednesday) Position Words

### Materials Needed:

- Rigid Cones ➤ Skipping Rope ➤ Beanbag
- Left and Right
- Set up cones in a straight line.
- Have the children walk on the left side of them and then the right side.
- Progress to more challenging locomotor skills.
- Over and Under
- Have the children walk over a skipping rope and then have them walk under a skipping rope.
- Progress to more challenging locomotor skills



## Activity 1.4: Obstacle Course (Week 1 Thursday) A Walk through the Jungle: Objective is to find the “magical bean bag”

### Materials Needed:

- Rigid Cones ➤ Skipping Rope
- Beanbags ➤ Imagination/Creativity ➤ Themed Music

✓ The obstacle course should include all skills worked on over the past week.

(Teachers are encouraged to use their imagination)

### Obstacle Course Example

- Entering the jungle by walking over jungle vines (skipping ropes)
- Galloping sideways down a very narrow pathway
- Happening upon a pile of treasure (The child must dig through to find the magical beanbag) It isn't there
- Walking over a bridge
- Jumping over a pond or leaping over a river
- A rock is in the way and they stub their toe (They must hop on one foot) ➤ Finally, they arrive at a magic temple (a shape created by cones)
- Complete the shape walk, in order to walk inside the center ➤ The shape (Magic Temple) has the magical bean bag in it





## Activity 1.1A (Week 2 Monday Challenge week) Shape Moving

### Materials Needed:

- Rigid Cones
- Color learning cards
- Using cones make a shape on the floor and begin with the children walking around it.
- Slowly progress to more challenging shapes and locomotor skills. Challenge:
- **Hold up a red sign and they must freeze where they are,**
- **Hold up a green sign for them to move again,**
- **Hold up yellow sign for slow,**
- **Hold up a purple sign to have the child change direction and begin travelling back the way they came**
- Two children move around the shape at the same time but start going opposite directions,
- Have them give each other a high five when they meet



## Activity 1.2A: (Week 2 Tuesday Challenge week) Find the Color

### Materials Needed:

- Beanbags
  - Have a pile of beanbags at one end of the room.
  - The teacher will specify locomotor skill and color of beanbag.
  - The child must move to the pile at the other end of the room, using the specified locomotor skill and find the correct beanbag color.
  - They will then come back across the room using the same locomotor skill.
- Challenge: Relay Race
- Divide the children into two teams and do the activity as a relay race.
  - When the first child gets back, they must high five the next child and go sit down at the back of the line.
  - The first line to have every child sitting down is the winning team.



## Activity 1.3A: (Week 2 Wednesday Challenge week) Position Words

### Materials Needed:

- Rigid Cones
- Skipping Rope
- Beanbag

**Left and Right** • Set up cones in a straight line.

- Have the children walk on the left side of them and then the right side.
- Instead of walking have them use other locomotor skills

**Over and Under** • Have the children walk over a skipping rope and then have them walk under a skipping rope. • Progress to more challenging locomotor skills.

### Challenge: In Between, Inside and Outside

- Set up a line of cones in between two beanbags.
- The children must move in between the cones and reach the beanbag opposite. • Progress to more challenging locomotor skills.

### Inside and Outside:

- Set up a square using cones. • Have the child move from corner to corner • Specify moving inside or outside the cones.
- Progress to more challenging locomotor skills. • Try using a more advanced shape.



## Activity 1.4: Obstacle Course (Week 1 Thursday)

**A Walk through the Jungle:** Objective is to find the “blue magical bean bag or scarf”

### Materials Needed:

- Rigid Cones
- Beanbags
- Skipping Rope
- Imagination/Creativity
- Themed Music

- ✓ The obstacle course should include all skills worked on over the past week. (Teachers are encouraged to use their imagination)

### Obstacle Course Example

- Entering the jungle by walking over jungle vines (skipping ropes)
- Galloping sideways down a very narrow pathway
- Happening upon a pile of treasure (The child must dig through to find the blue magical object) It isn't there
- Walking over a bridge
- Jumping over a pond or leaping over a river
- A rock is in the way and they stub their toe (They must hop on one foot)
- Finally, they arrive at a magic temple (a shape created by cones)
- Complete the shape walk, in order to walk inside the center
- The shape (Magic Temple) has the magical bean bag in it

## Activity 2.1: (Week 3 Monday) Basket Toss

### Materials Needed:

- Floor Net
- Playground Balls (Different sizes)
- Bean Bags



- Have the children throw a ball or beanbags into the net
- Use different playground balls to teach children about size
- Each child should do at least 10 tosses before switching

## Activity 2.2: (Week 3 Tuesday) Bounce

### Materials Needed:

- Playground Balls
- Hula-hoops
- Bean bags
- Chalk or masking tape

- Have the children bounce a ball up and down a straight line
- Chalk or masking tape can be used to make the straight line
- Have the child experiment with bouncing different sizes



## Activity 2.3: (Week 3 Wednesday) Build and Roll

### Materials Needed:

- Foam blocks
- Playground Balls



- Have the children build a tower with blocks
- Then have them roll a ball to knock it down



## Activity 2.4: (Week 3 Thursday) Carnival Stars

### Materials Needed:

- Foam blocks
- Hula-hoops
- Bean bags
- Playground Balls (Different sizes)
- Learning cards
- Floor Net
- Themed Music

### Station Set Up Example

✓ Set up each station with the activities worked on this week, only this time they are all carnival performers!

- 1. Basket Toss Station:** will become a magic crystal ball tossed through a ring made of diamonds. (The children can throw bean bags through a hula hoop instead of a ball into a basket)
- 2. Bounce Station:** will become a tightrope walk. (The children must stay on their "tightrope" while bouncing the ball)
- 3. Build and Roll Station:** the children become the star of the show. The star's performance is to knock down the tower with a ball. The tower can be built already or have the children build the tower in order to challenge them.
- 4. Clown Station:** have the children roll a hula-hoop down a straight line.



## Activity 2.1A: (Week 4 Monday Challenge week) Basket Toss

### Materials Needed:

- Floor Net
- Playground Balls (Different sizes)
- Bean Bags

- Have the children throw a ball or beanbags into the net
- Use different playground balls to teach children about size
- Each child should do at least 10 tosses before switching.

### Challenge: Time, Count, Left & Right, Crossing Hands.

- Time the children with their basket toss
- Have the children count how many balls they get into the basket after the allotted time (30-60 seconds)
- Throw a ball with your left hand, into a basket on the right; Throw a ball with your right hand, into a basket on the left (Crossing hands)
- Make sure the child knows his/her left from right



## Activity 2.2A: (Week 4 Tuesday Challenge week) Bounce

### Materials Needed:

- Playground Balls
- Learning cards
- Hula-hoops
- Bean bags

- Have the children bounce a ball up and down a straight line
- Chalk or masking tape can be used to make the straight line
- Have the child experiment with bouncing different sizes
- **Challenge**

- Have the children bounce a ball inside a hula-hoop. ▪ Each hula-hoop will have a learning card inside of it. ▪ After the child bounces the ball inside the hula-hoop they must call out what is on the learning card.
- Walk down a straight line, crossing your feet over to either side, while passing a ball hand to hand.
- When they reach the end of the line, hold up a sign with a number on it. The child must call out the number

Then bounce the ball, that many times, before going back down the line. (Use beanbags for smaller children).



## Activity 2.3A: (Week 4 Wednesday Challenge week) Build and Roll

### Materials Needed:

- Foam blocks
- Playground Balls

- Have the children build a tower with blocks
- Then have them roll a ball to knock it down

### Challenge:

- Challenge the children's knowledge of numbers.
- First call out how many blocks the tower must have.
- Allow the child to build, only with the amount of blocks the teacher calls out, and then roll it down.
- Have 1 child build the blocks and 1 child to roll them down to promote teamwork.



## Activity 2.4A: (Week 4 Thursday Challenge week) Carnival Stars

### Materials Needed:

- Foam blocks
- Playground Balls (Different sizes)
- Themed Music
- Hula-hoops
- Learning cards
- Bean bags
- Floor Net

Station Set Up Example ✓ Set up each station with the activities worked on this week, only this time they are all circus performers!

1. Basket Toss Station: will become a magic crystal ball tossed through a ring made of diamonds. (The children can throw bean bags through a hula hoop instead of a ball into a basket)
2. Bounce Station: will become a tightrope walk. (The children must stay on their "tightrope" while bouncing the ball)
3. Build and Roll Station: the children become the star of the show. The star's performance is to knock down the tower with a ball. The tower can be built already or have the children build the tower in order to challenge them.
4. Clown Station: have the children roll a hula-hoop down a straight line.

✓ Once they have completed all stations they should be given a round of applause from their audience.

**Challenge:** ▪ Challenge the children with numbers in Basket Toss and Bounce ▪ Challenge the children with rolling the hula hoop in a circle instead of a straight line at the Clown Station



### Activity 3.1: (Week 5 Monday) Walk Across the Pond

#### Materials Needed:

- Rigid Cones



- Set up stepping stones
- Have the children take turns walking across the pond
- If the child falls off the stepping-stone have them do a stationary balance (balance on one foot or on tip-toes) for 10 seconds, then get back on the stone.



### Activity 3.2: (Week 5 Tuesday) Balance Beam

#### Materials Needed:

- Balance Beam



- Walk across the balance beam, without falling off.
- Teacher may need to assist.



### Activity 3.3: (Week 5 Wednesday) The Animal Train

#### Materials Needed:

- Themed Music
- Animal cards

- The children will make a train behind the leader (the teacher should begin as the leader).
- They will move around as a train until the leader spots an animal.
- The children will then break out of their train position and act and move like that animal.
- The teacher should allow them to experiment and play for a few minutes and then shout "All Aboard" at which point the children will make a train again.



### Activity 3.4: (Week 5 Thursday) A Trip to the Zoo

#### Materials Needed:

- Balance Beam
- Rigid Cones
- Imagination/Creativity
- Themed Music

✓ Set up each station with the activities worked on this week, only this time they are taking A Trip to the Zoo

#### Station Set Up

- Each station will be a different animal spot where the children will pretend to be the animals (teachers can use their imagination here).
- The children will move, like the animal they encountered, to the next station.
- Make sure the children know how each animal moves but remember not to limit their creativity!
- You can use pictures of the animals at each station as a learning tool.

Example 1. Use the balance beam as the entrance to the zoo

2. In between the animal enclosures, they must cross the Zoo River.

3. Have the stepping-stones set up leading the children to the next animal enclosure.



### Activity 3.1A: (Week 6 Monday Challenge week) Walk Across the Pond

#### Materials Needed:

- Rigid Cones
- Set up stepping stones
- Have the children take turns walking across the pond
- If the child falls off the stepping-stone have them do a stationary balance (balance on one foot or on tip-toes) for 10 seconds, then get back on the stone.

#### Challenge:

- If the child falls off the stone, they must do a stationary balance
- Then jump like a frog to the next stone and get back on (Dynamic Balance) (make sure that the children are doing a proper frog jump—hands and feet touching the ground to begin and at the end of the jump)



### Activity 3.2A: (Week 6 Tuesday Challenge week) Balance Beam

#### Materials Needed:

- Balance Beam
- Color learning cards

- Walk across the balance beam, without falling off. • Teacher may need to assist.

#### Challenge:

- Instead of walking get the children to try different locomotor skills (walking on tip-toes, crawling, side shuffle)
- Put an emphasis on which foot is leading
- They should practice leading with the right foot AND the left foot
- **Hold up red sign for the child to freeze and practice a stationary balance on the beam**
- **Green for moving fast across the beam**
- **Yellow for moving slowly across the beam**





## Week 7 Obstacle Course Extravaganza

- ❖ **Activity 4.1:** (Week 7 Monday) A Walk Through the Jungle
  - ❖ **Activity 4.2:** (Week 7 Tuesday) Carnival Stars
  - ❖ **Activity 4.3: A:** (Week 7 Wednesday) A Trip to The Zoo Activity
  - ❖ **4.4: Thursday Week 7 Combination Obstacle Course**
    - Set up an obstacle course that uses a combination of:
      - ✓ Locomotor Skills
      - ✓ Manipulative Skills
      - ✓ Balance skills.
    - There should be at least 6 different activities (2 from each skill set)
- Challenge:
- Set up two of the same obstacle courses
  - Have the children participate in a relay race



## Week 8 Obstacle Course Extravaganza (Challenge Week)

- ❖ **Activity 4.1A:** (Week 8 Monday Challenge week) A Walk Through the Jungle
  - ❖ **Activity 4.2A:** (Week 8 Tuesday Challenge week) Carnival Stars
  - ❖ **Activity 4.3A:** (Week 8 Wednesday Challenge week) A Trip to The Zoo Activity
  - ❖ **4.4 A: Thursday Week 8 Combination Obstacle Course**
    - Set up an obstacle course that uses a combination of:
      - ✓ Locomotor Skills
      - ✓ Manipulative Skills
      - ✓ Balance skills.
    - There should be at least 6 different activities (2 from each skill set)
    - This second week should have activities that the children did not do in the first week of the Combination Obstacle Course
- Challenge:
- Set up two of the same obstacle courses
  - Have the children participate in a relay race.



## Week 7 Obstacle Course Extravaganza

- ❖ **Activity 4.1:** (Week 7 Monday) A Walk Through the Jungle
- ❖ **Activity 4.2:** (Week 7 Tuesday) Carnival Stars
- ❖ **Activity 4.3: A:** (Week 7 Wednesday) A Trip to The Zoo Activity
- ❖ **4.4: Thursday Week 7 Combination Obstacle Course**
  - Set up an obstacle course that uses a combination of:

- ✓ Locomotor Skills
- ✓ Manipulative Skills
- ✓ Balance skills.

- There should be at least 6 different activities (2 from each skill set)

### Challenge:

- Set up two of the same obstacle courses
- Have the children participate in a relay race



## Week 8 Obstacle Course Extravaganza (Challenge Week)

- ❖ **Activity 4.1A:** (Week 8 Monday Challenge week) A Walk Through the Jungle
- ❖ **Activity 4.2A:** (Week 8 Tuesday Challenge week) Carnival Stars
- ❖ **Activity 4.3A:** (Week 8 Wednesday Challenge week) A Trip to The Zoo Activity
- ❖ **4.4 A: Thursday Week 8 Combination Obstacle Course**

- Set up an obstacle course that uses a combination of:

- ✓ Locomotor Skills
- ✓ Manipulative Skills
- ✓ Balance skills.

- There should be at least 6 different activities (2 from each skill set)
- This second week should have activities that the children did not do in the first week of the Combination Obstacle Course

### Challenge:

- Set up two of the same obstacle courses
- Have the children participate in a relay race.