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WEEKLONG PHYSICAL ACTIVITY AND HOME-LEARNING LEARNING PLAN

Easily distracted preschool children benefit greatly from structured games such as Simon Says, role-playing, and tag, followed by time of unstructured play. This encourages vigorous physical activity during unstructured time (94). I have fond memories of playing games such as tag and follow-the-leader with my teachers in school, and would love to relive those days in a classroom setting. The following is a weeklong plan of physical activities for preschoolers that adheres to *Caring for Our Children's* Guidelines.

MONDAY

Objective:

Encourage moderate physical activity. Learn about vegetables.

9:00 a.m.:

- 15 minute pizza garden activity

Equipment required: Sticks, yarn, soil, plastic shovels, oregano seeds, basil seeds, rosemary seeds, tomato seeds, spinach seeds, pepper seeds. broccoli seeds, onion seeds.

- Place sticks in ground, creating a circle. Wrap yarn around the sticks, making 8 individual triangular sections, like a pizza. Have children plant different seeds in each “slice” of the pizza circle. Discuss what seeds are, how plants grow, and go indoors for lesson elaborating on the topics.

11:00 a.m.:

- 45 minutes of unstructured outdoor recess.

Equipment required: None.

1:00 p.m.:

- 5 minutes of Farm to Preschool's Lifecycle of a Tomato activity.



Creative Movement : Lifecycle of a Tomato

(If possible have at least one adult model the movement)

- * Ask the students to crouch down into a ball to become tiny "seeds."
 - * Pretend to spray them with water.
 - * Have them begin to sprout by slowly stretching their legs.
 - * Tell them to reach their face to the sun to grow strong.
 - * Make their legs and feet firm to make strong roots.
 - * Slowly stretch their arms up with their fists closed.
 - * Slowly open their "flowers" (hands) to create fruits.
 - * The fruit drops its seed.
 - * They plop back down and start the process over.
 - * You can also incorporate a slide whistle as they "grow"
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Equipment required: Spray bottle, slide whistle.

1:05 p.m.:

- 45 minutes of unstructured outdoor recess.

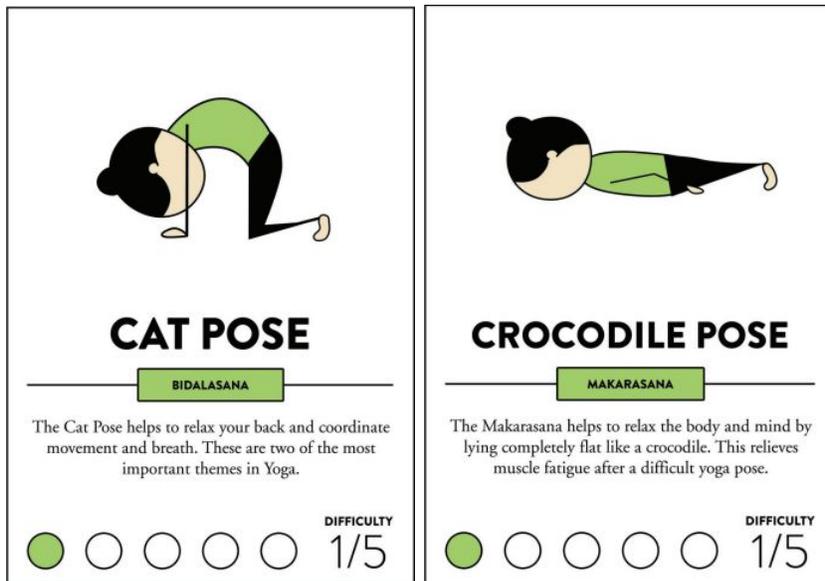
TUESDAY

Objective:

Teach children about deep breathing through yoga. Learn about different types of animals.

10:00 a.m.:

- 5 minutes of structured yoga poses, such as the following:



Equipment required: Yoga cards, yoga mats.

- Discuss how the poses done are imitations of different types of animals. Ask children to notice their breath, and their heart rate. Delve into lesson on different types of animals after recess.

10:05 a.m.:

- 45 minutes of unstructured outdoor recess.

Equipment required: None.

1:00 p.m.:

- 10 minutes of duck, duck, goose.

Equipment required: None.

1:10 p.m.:

- 30 minutes of unstructured outdoor recess.

Equipment required: None.

WEDNESDAY

Objective:

Encourage vigorous physical activity, learn about animals.

9:00 a.m.:

- 10 minutes of freeze tag

Equipment required: None.

9:10 a.m.:

- 45 minutes of unstructured outdoor recess.

Equipment required: None.

1:00 p.m.:

- 10 minutes of follow the leader. Encourage children to act as different types of animals and imitate one another.

Equipment required: None.

1:10 p.m.:

- 60 minutes of unstructured outdoor recess.

Equipment required: None.

THURSDAY

Objective:

Encourage vigorous physical activity, learn to gallop.

9:00 a.m.:

- 10 minutes of pretend play. Demonstrate how horses gallop, and ask children to pretend to play as horses. Teach children how to sing the following song from Pre-K fun:

A horse can trot

A horse can run

A horseback ride is lots of fun!

Equipment required: none

9:10 a.m.:

- 45 minutes of unstructured outdoor recess.

Equipment required: None.

1:00 p.m.:

- 10 minutes of freeze tag.

Equipment required: None.

1:10 p.m.:

- 70 minutes of unstructured outdoor recess.

Equipment required: None.

FRIDAY

Objective:

Encourage vigorous physical activity, learn about farms.

9:00 a.m.:

- Tend to pizza garden. Discuss how gardening is similar to farming, and how all food found in grocery stores originated from a farm.

Equipment required: Cups, water.

9:10 a.m.:

- 45 minutes of unstructured outdoor recess.

Equipment required: None.

1:00 p.m.:

- 10 minute wiggle party. Have children wiggle arms, legs and hips to music.

Equipment required: None.

1:10 p.m.:

- 70 minutes of unstructured outdoor recess.

Equipment required: None.

WEEKEND FUN

Objective:

Keep children active over weekend, encourage family bonding.

SATURDAY:

- On Friday, supply childrens' parents with small terra-cotta pots, paint, sponges, and leftover seeds and soil from the pizza garden. Ask parents to lay out newspaper, and to help their child sponge paint onto the pot as decoration.

Equipment required: Terra-cotta pots, paint, sponges.

SUNDAY:

- Ask parents to assist their child in putting soil in the terra-cotta pot, and planting seeds.
Encourage families to start a pizza garden of their own!

Equipment required: Terra-cotta pots, seeds, soil, newspaper.

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