

On the Move!



Learning Opportunities

Skills: social emotional/self-control, physical activity, literacy, communication, curiosity/initiative

Activities

- Kick a ball into the net.
- Spin your wheels at different speeds.
- Pull yourself into the air.
- Jump as high as you can.
- Measure your growing body.
- Throw a pass to a friend.

Questions

- What new activity can I try?
- How do we know we are growing?
- Who could play a game with me?
- Where do people play sports?
- Why does warming up and cooling down help our bodies?