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?