



Sports

Movement is a life-long activity; therefore, it is important to teach our preschoolers about sports, fitness, and exercise. This will be a fun week in which our children will develop healthy lifestyle habits, teamwork and leadership skills.



Home activities to do with your Preschooler

Week 39: May 25 – May 29

- Sports yoga
- Sports crafts
- Sensory play & Water play
- Pom Pom Hockey
- Football pinata

Special activities and STEAM



- Introduce your preschooler to letters and their sounds. Sounding out letters as you name, point to, or draw the letters helps preschoolers connect a letter and its sound. Alphabet and letter/sound recognition help your preschooler to have early reading success.

Language



- Sing songs with your child and encourage them to sing along with you. Play their favorite songs and music in the house and car regularly and they may eventually start singing along by themselves. This activity helps promote memory and word identification.

Cognitive



- Do a job together. Instead of asking your child to do a chore alone, do it with them. The two of you might fold laundry, set the table or rake leaves. Help your child join in by shortening the handle of a broom to make it child-size or providing a small paintbrush or roller.

Social-emotional



- Sensory bins allow for creativity, imagination and being able to explore based upon texture, temperature, and feel. When your child can use their hands to learn about items and objects, they'll be more apt to learn how to use their senses as well.

Fine motor



- Practice warm-up exercises like professional football players do by having your child jump jacks, run in place, and stretch to touch their toes.

Gross motor



Lunes

Monday

Something to consider: Planning for the day can make it easier to create a routine for your child. It can also build excitement for all the fun activities ahead!

Morning Meeting

- Let's sing and move: "Cabeza, hombros, rodillas y pies"/ "Head, Shoulders, Knees & Toes"

A perfect exercise song for your child.

PLAY SONG



- > Learn 2 basic Spanish words with your child about sports.



Guide learning: Sports yoga

PRETEND TO BE A GYMNAST BALANCING ON A BEAM.



How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Pretend to be a gymnast on the balance beam. Switch sides and repeat the steps

Project time: Potato stamped football craft for kids

Here's what you need:

- Potato
- Brown & White Paint
- Paint Brush

Directions:

- > Spread some brown paint on a small paper plate.
- > Cut a potato in half. (adults only!)
- > Dip the potato into the brown paint and firmly press it down on the green card stock.
- > After the paint dries, paint a white line in the center of the football. Paint lines across the white line to create the laces on the football.



Your kids are sure to have a blast painting with a potato and creating this Potato Stamped Football Craft. It's a fun way to get ready for the sports week.

Martes

Tuesday

Something to Consider: Gross motor skills are movements that help children develop large muscle control in arms, legs and the entire body.

Morning Meeting: Movement song

Learn Spanish through dancing with this movement song!

PLAY SONG



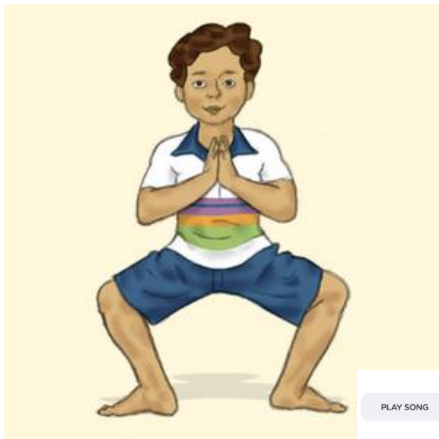
- > Learn 2 basic Spanish words with your child about sports.



Guide learning: Sports yoga

PRETEND TO BE A HOCKEY GOALIE.

How to practice Horse Stance: Stand with your legs apart, feet facing slightly outward. Bend your knees and stand firm. Pretend to be a hockey goalie guarding the net.



PLAY SONG



Gross motor activity: Pompom hockey



Here's what you need:

- > Pompoms, masking tape, paper plates and cardboard tubes.

Directions:

- > To make the scoops just cut the paper plate with 3 straight edges and stuck it onto the end of the cardboard tube with masking tape.
- > Make square shape boxes on the floor with the masking tape as the goals for the pompoms.

LET'S PLAY:

The challenge of Pompom Hockey is to get as many pompoms into your square! The rules of the game are to not use your hands, that only the scoop can be used to move the pompoms around the floor and into the squares.

After playing PomPom Hockey tell your child to separate the pompoms into groups according to color.

Miércoles

Wednesday

Something to consider: Reading together is a wonderful way to bond, learn new words, and bring your child's imagination to life. Cuddle up and enjoy a book during any part of the day together!

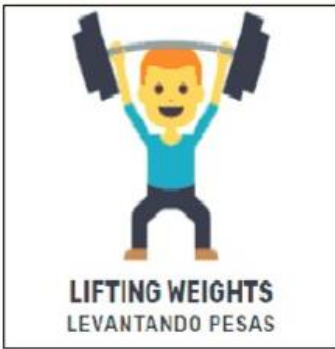
Morning Meeting

- Let's Sing and Move: "La risa de las vocales" / "The vowels laugh"

PLAY SONG



- > Learn 2 basic Spanish words with your child about sports.



Sensory play: Writing practice

Here's what you need:

- Tray
- Shaving cream

Directions:

- > Fill a tray with shaving cream
- > Your child can write letters, numbers, shapes, sight words or names in the clouds.

It's an easy way to make word work or handwriting FUN! Sprinkle in glitter to pretend it's raining or snowing!



Fine motor activity: Gold medal cereal necklace

Here's what you need:

- Fruit Loops
- Gold medal (Dollar store)
- String

Directions:

- > Insert the medal in the center of the string and tie
- > Thread the cereal on to the string (both sides)
- > Once it's full of cereal, tie both sides.



Guide learning: Sports yoga

PRETEND TO BE A SOCCER GOALIE.

How to practice Crescent Moon Pose: Standing, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side. Pretend to be a soccer goalie reaching to block the ball.



PLAY SONG



Morning Meeting: Identifying the alphabet

- Let's Sing and move: "El abc en Español"

Songs are the easy way to learn sounds and names of the things.

For your child it can help in developing correct pronunciation. No matter if you don't speak Spanish yourself— learn along with your little on

PLAY SONG



Gross motor play: Alphabet Hopscotch

Here's a great way to practice the alphabet while building gross motor skills and all you need is sidewalk chalk.



What to do:

- › Start by writing the letter A
- › Then proceed to write B as well as another letter (like J or O). The objective is to give them choices between two or three letters so they can make their way through the alphabet by identifying the correct letters.
- › Then write letter C and another letter (like K or L). Continue until you've made it to letter Z.
- › Once finished, ask the child to start at the letter A and moved through the hopscotch by jumping to the next letter in the alphabet.

Something to consider: Playing with water can be both fun and calming for your child. It's also a great way to keep your child engaged for a good chunk of time!

Project time: Paper plate tennis

Here is a simple way you can make a paper plate tennis game, with paper plates and balloons.

Here's what you need:

- Craft sticks
- Duct tape
- Paper plates.
- Paint



Directions:

- › Paint your paper plate. Paint makes everything happier!
- › Duct tape the sticks to the back of your plates.
- › Fill your balloon. The secret to this game is to under fill your balloon! It makes the balloons easier to direct with each whack of the paper plate paddles.

Let's play! Have a fun day with your child, try to keep the balloon balanced on your paddle while your child tries to knock it off.

Guide learning: Sports yoga

PRETEND TO BE A BASEBALL CATCHER.

How to practice Squat Pose:

Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground. Pretend to be a baseball catcher ready for the pitch.



PLAY SONG



Morning Meeting

- Let's Sing and Move: "Cantando los números" / "singing the numbers"

PLAY SONG



Gross motor activity: Plastic Bottle Number Bowling!

Here's what you need:

- 10 Plastic Bottles
- Paint & brushes / permanent marker
- Balls.

Directions:

- > Paint your bottles with the numbers 1-10 and set aside to dry.
- > When they will be dry, set them up for your child.
- > After each shot, count with your child how many still UP (Arriba) and how many are knocked DOWN (Abajo).



Art time: Make your own football pinata

Here's what you need:

- Beach ball or blow up ball / balloon
- Newspaper
- Glue
- White paint
- Black paper
- Treats for the inside



Directions:

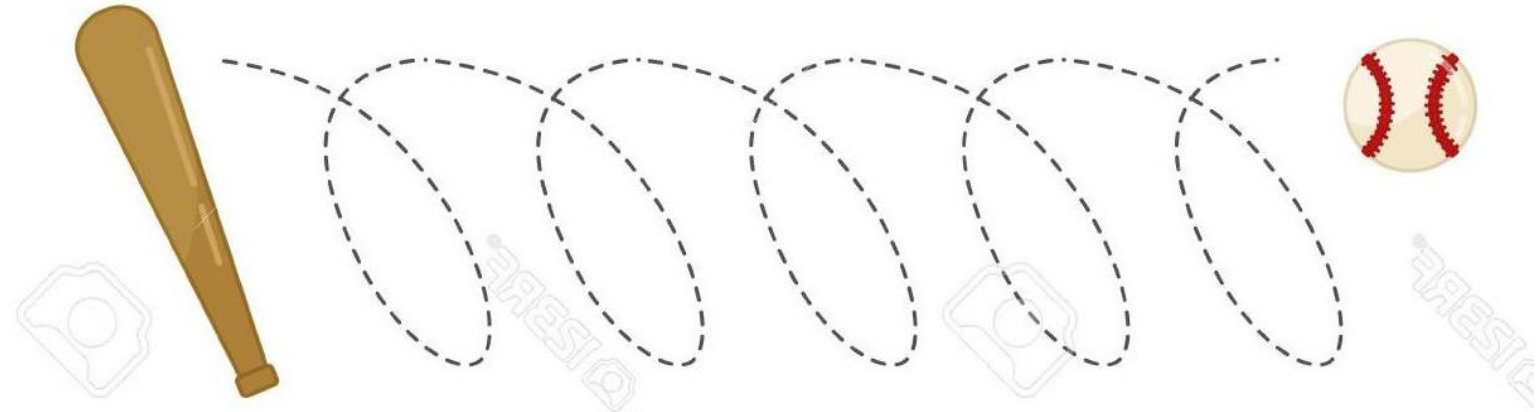
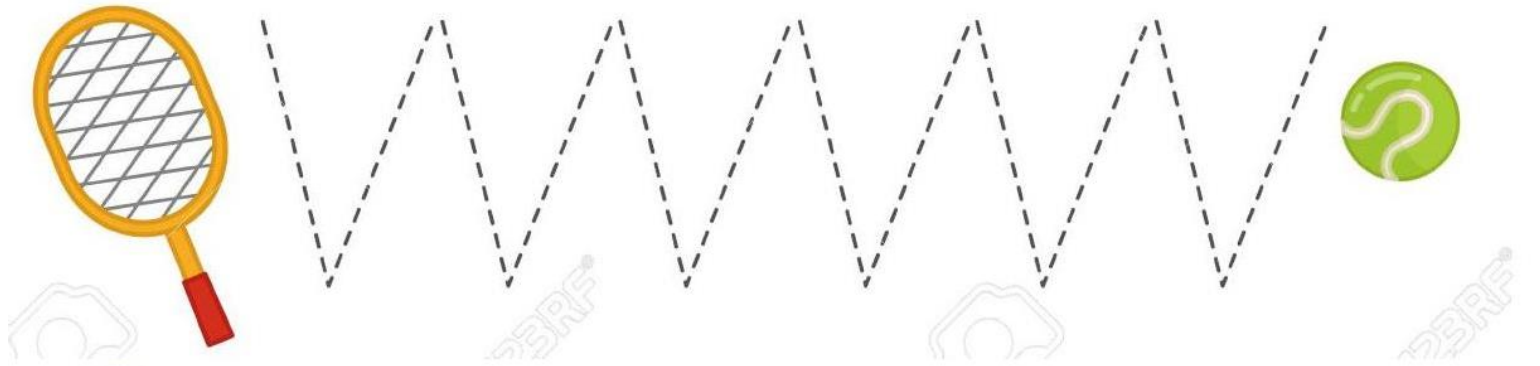
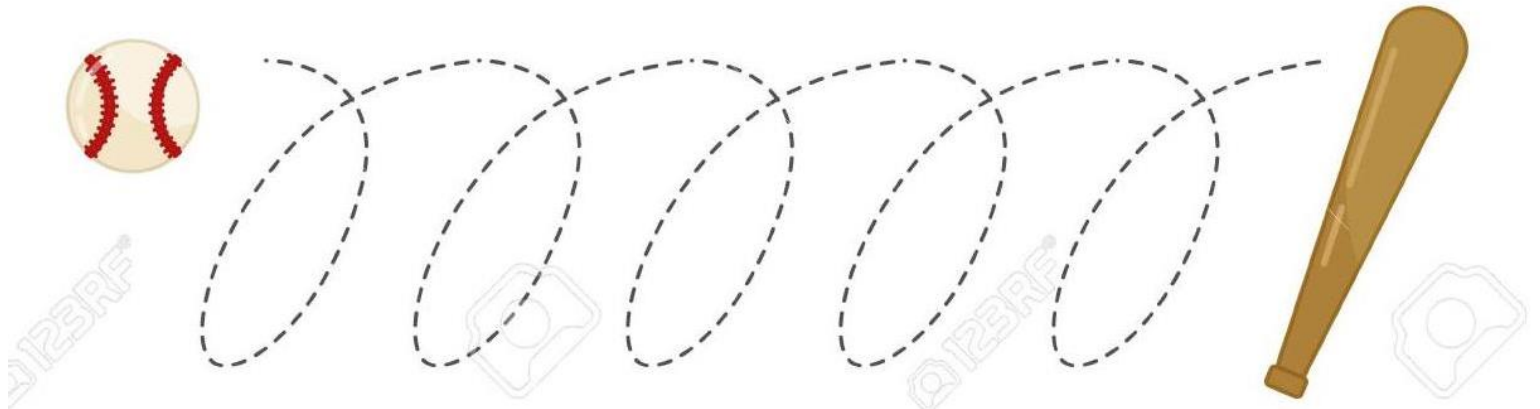
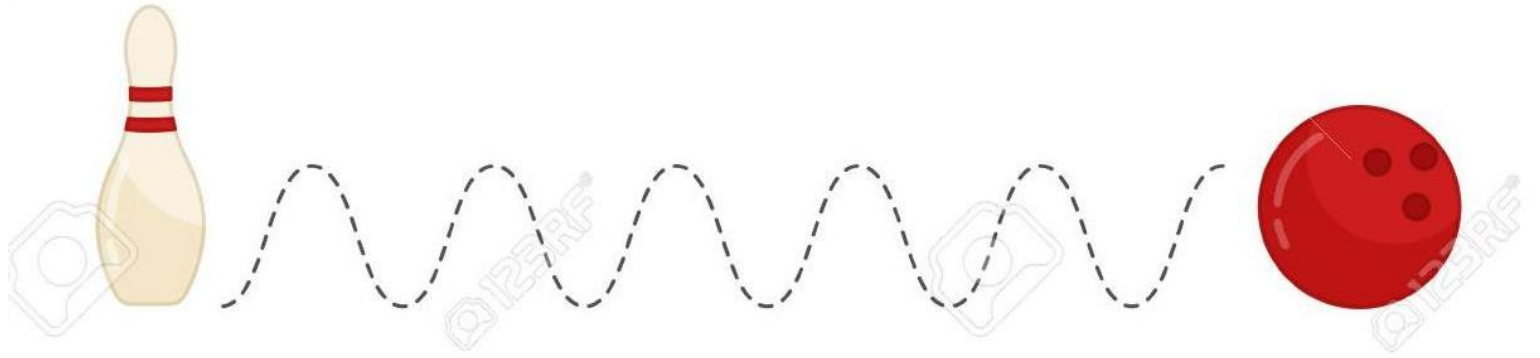
- > Blow up your beach ball and tear newspaper into strips, you can also use a balloon.
- > Cover your ball in a layer of newspaper and allow to dry. Repeat until you feel you have sufficient layers on your ball.
- > Once it is dry slice it where the inflator is and just pull out the beachball, then add the goodies and reinforce again with some additional paper Mache.
- > Cover with white paper mache.
- > Once dry paint with white paint.
- > Once dry you can either glue on hexagons cut from black paper.

You can have a fun day on Saturday playing with the pinata.

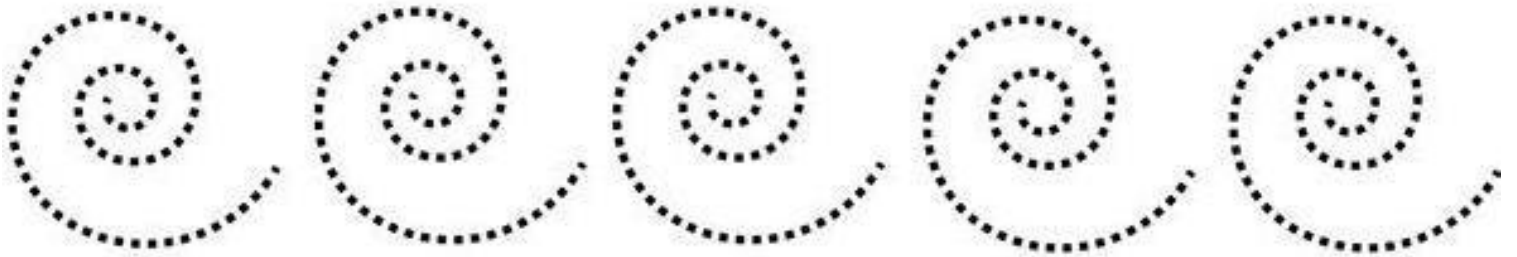
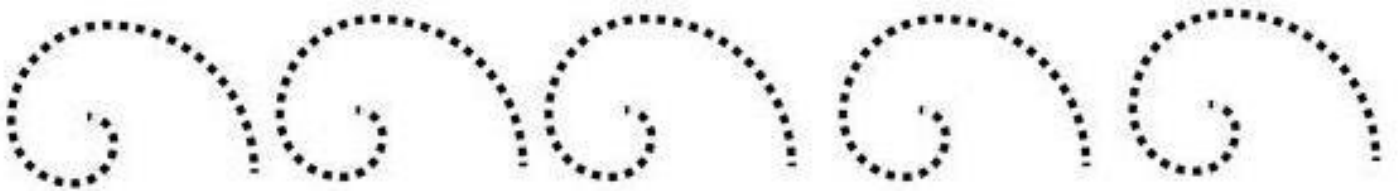
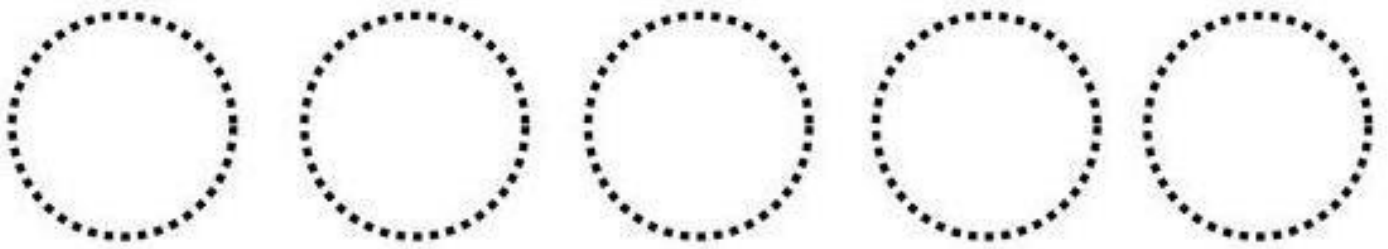
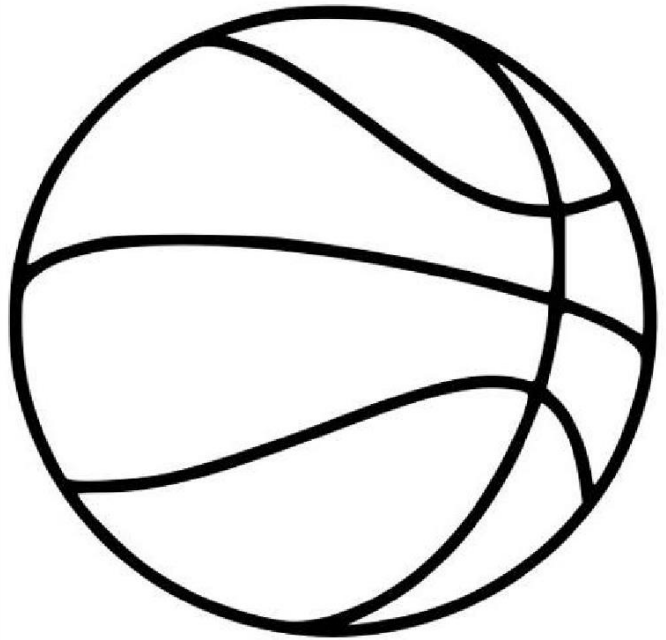
PLAY SONG



Handwriting practice



Handwriting practice



Handwriting practice

Directions: Color the picture and trace the word.

Instrucciones: Colorea la imagen y traza la palabra.



fútbol

Handwriting practice

Directions: Color the picture and trace the word.

Instrucciones: Colorea la imagen y traza la palabra.

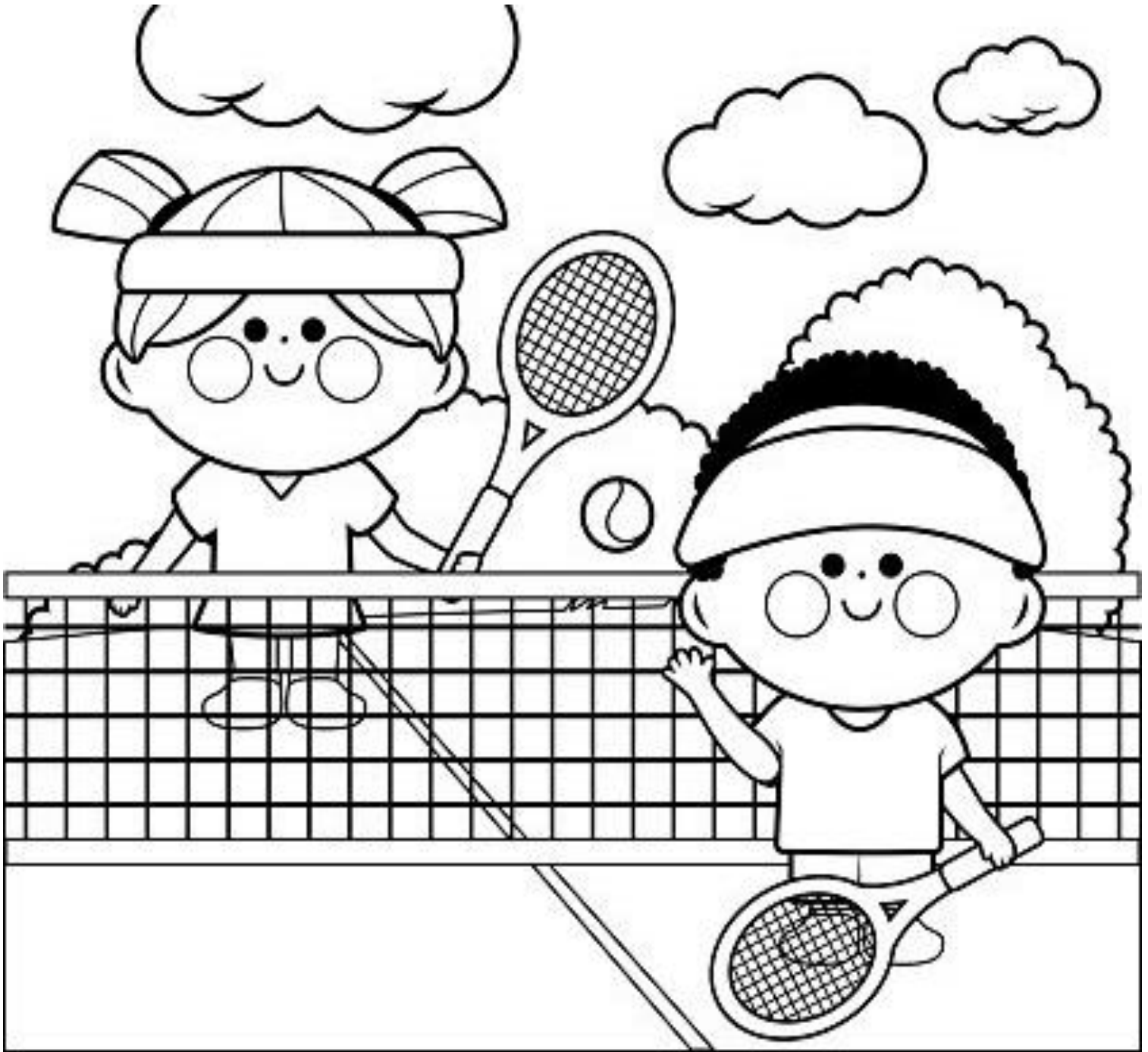


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Handwriting practice

Directions: Color the picture and trace the word.

Instrucciones: Colorea la imagen y traza la palabra.



tenis

Handwriting practice

Directions: Color the picture and trace the word.

Instrucciones: Colorea la imagen y traza la palabra.



beisbol