ARRIVAL / BREAKFAST

WHOLE GROUP
FREE CHOICE / CENTERS

DISMISSAL
PARACHUTE PLAY: Have children hold the parachute then shake it with a ball in the middle.

HULA HOOP JUMP: Have children jump in and out of the hula hoops.

EXERCISE FUN: Jump, bend and move.

DANCE & MOVE TO THE MUSIC: Using developmentally appropriate childrens songs, when the music stops the children stop dancing. Repeat.

MOVING TO MUSIC WITH SCARVES

LETTER HUNT: Hide the letter of the week in the classroom. Have children find the letter.

ACTION BASKET: Cut a piece of paper into 10 or more strips and write down an action on each one. Example -“jump on one foot.”

JUG CATCH: Cut the bottom of a gallon milk jug, one for each child. Use an old sock to scoop and catch.