

Newark Board of Education

School Closure Packet

Health & Physical Education

Grade Pre-K



Roger León
Superintendent

2020 School Year

NAME: _____

TEACHER: _____

GRADE K SCHOOL CLOSURE PACKET

DIRECTIONS

Complete each activity in the School Closure Packet. Be sure to read all texts and complete activities thoughtfully and thoroughly.

Students are to return the completed packet to their teachers when school reopens.

Parents, you are encouraged to assist in the following ways:

- Make a plan to complete the activities.
- Provide a time and quiet space for your child to work on these assignments.
- Help your child to complete the activities if he or she needs support.
- Review and discuss your child's responses. (Strongly urged at grades Kdg - 4)
- Provide positive feedback and praise for sincere effort and independence.
- Encourage daily reading of 10 minutes of a self-selected book.
- Read to your child, listen to him/her read, or share the reading. (Strongly urged at grades Kdg - 4)
- Ensure that the completed packet is returned to school when school reopens!

Thank you for helping your child to be successful!

Day 1-15

The National Association for Sport and Physical Education (NASPE), the largest national professional organization for children's physical education teachers, recommends that quality, daily physical education be available to all children. NASPE states, "All children from birth to age 5 should engage daily in physical activity that promotes movement skillfulness and foundations of health-related fitness."

Please select one of the following *Family Fun* activities to do with your child daily. Have your child color in the task box once an activity has been completed.



FAMILY FUN



Bubble Fun

Your child is learning about personal space by pretending to be inside a bubble. Ask your child to tell you how to keep the bubble from popping. Blow bubbles for your child to pop before they touch the ground.

BUILDING BLOCKS, LESSON 1



FAMILY FUN



Body Part Identification

Using fun, upbeat music, prompt your child to shake and wiggle the body parts you call. Start at the top and play your way down!

High	Med	Low
Head	Neck	Waist
Eyes	Shoulders	Hips
Nose	Chest	Knees
Mouth	Tummy	Ankles
Lips	Hands	Toes

BUILDING BLOCKS, LESSON 2



FAMILY FUN



Mirror, Mirror!

Face your child and pretend to be a mirror. When you make a movement, your child should move exactly as you do – like your reflection. Move slowly at first then pick up the pace. Take turns being the leader.

BUILDING BLOCKS, LESSON 3



FAMILY FUN



Freeze Dance

Dance with your child to lively music. Stop the music every 10-20 seconds and freeze like a statue until the music starts again.

BUILDING BLOCKS, LESSON 4



FAMILY FUN



Slow and Fast

Play music with a slow beat and encourage your child to move slowly. Play music with a fast beat and encourage faster movement. Change the tempo and see if your child does too.

BUILDING BLOCKS, LESSON 5



FAMILY FUN



Switcheroo!

When the family is sitting and being inactive call, "Switcheroo!" Everyone quickly moves to a new place. Have everyone take turns calling "Switcheroo!"

BUILDING BLOCKS, LESSON 6



FAMILY FUN



Scrambled Eggs!

Ask your child to teach you how to play *Scrambled Eggs!* Everyone moves like scrambled eggs and holds a funny egg pose on the stop signal!

BUILDING BLOCKS, LESSON 7



FAMILY FUN



Running

Play enjoyable music and run in place with your child. When the music stops, freeze. Play different types of music with slow, medium and fast tempos.

BUILDING BLOCKS, LESSON 8



FAMILY FUN



Jumping

Ask your child teach you how to jump on 2 feet. Jump over low objects placed on the floor. Play a listening game. Your child jumps when you say, “jump,” but stands and wiggles if you say any other word.

BUILDING BLOCKS, LESSON 9



FAMILY FUN



Galloping

Ask your child to teach you how to gallop. Name animals that gallop, like horses, zebras, or donkeys, for the family to imitate.

BUILDING BLOCKS, LESSON 10



FAMILY FUN



Hopping

Ask your child to teach you how to hop on 1 foot. Turn on lively music. Stop the music every 20 seconds. Move in a different way each time the music starts. For example, walk, jump, gallop, hop, or wiggle. Now is a great time to play hopscotch together!

BUILDING BLOCKS, LESSON 11



FAMILY FUN



Simon Says

Play *Simon Says* with your child. Run, walk, jump, gallop and hop. There is no elimination for doing an activity, even if “Simon” didn’t say it. Take turns being Simon.

BUILDING BLOCKS, LESSON 12



FAMILY FUN



Roll the Dice

Create an activity for each of the 6 sides of a single die.

- 1=move at a low level
- 2=at a high level
- 3=in a straight pathway
- 4=curved pathway
- 5=zigzag pathway
- 6=wiggle

Have your child roll the die and join in the fun.

BUILDING BLOCKS, LESSON 13



FAMILY FUN



Planes, Trains, and Cars

Play lively music while you and your child pretend to be airplanes, cars, motorcycles, or trains. Make clean-up time fun by saying, "A train has cargo cars. How much cargo can you load before the music stops?"

BUILDING BLOCKS, LESSON 14



FAMILY FUN



Side-Sliding Fun

Play music your child enjoys. Use sheets of paper or thin paper plates and side-slide slowly on a smooth floor or carpet. Play *Follow the Leader* while side-sliding with your child.

BUILDING BLOCKS, LESSON 15



FAMILY FUN



Skipping

Ask your child to teach you how to skip. Turn on lively music and practice skipping as often as possible.

BUILDING BLOCKS, LESSON 16



FAMILY FUN



Leaping

Ask your child to teach you how to leap over small objects on the floor. Turn on lively music and practice leaping.

BUILDING BLOCKS, LESSON 17



FAMILY FUN



Animal Movements I

Turn on lively music and join your child in fun animal moves. For added fun, make the animal sound. Try imitating a frog, cat, ostrich, rabbit, elephant, and fish. Ask your child to be the leader and name other animal movements to practice together.

SUPER STUNTS, LESSON 1



FAMILY FUN



Animal Movements II

Turn on lively music and join your child in fun animal moves. Pretend to be dogs, gorillas, crabs, bears, and kangaroos. Ask your child to be the leader and name other animal movements to practice together.

SUPER STUNTS, LESSON 2



FAMILY FUN



I Want a Spot!

Use several paper plates, pieces of paper, or old placemats as markers on the floor. When the leader calls "I want a spot!" everyone moves to a new marker. Change animal walks each round. Take turns being the leader.

SUPER STUNTS, LESSON 3



FAMILY FUN



Animal Freeze Dance

Dance or wiggle with your child to lively music. Stop the music every 10-20 seconds. Freeze in an animal pose until the music starts again.

SUPER STUNTS, LESSON 4



FAMILY FUN



Balancing Act

Ask your child to teach you forward, backward, and sideways single-leg balances. Walk and then stop to do a single-leg balance.

SUPER STUNTS, LESSON 5



FAMILY FUN



Elevator Operator

Tell your child that at one time, elevator operators made elevators go up and down. Be an elevator operator and say, “Elevator down!” and join your child lowering your bodies. Call, “Elevator up!” and join your child raising your bodies.

SUPER STUNTS, LESSON 6



FAMILY FUN



Stuck in the Mud

Pretend your feet are stuck in the mud. How many ways you can move your body without moving your feet?

SUPER STUNTS, LESSON 7



FAMILY FUN



Circus Tightrope

Pretend you and your child are walking on a tightrope at the circus. Ask your child to teach you different single-leg balances – forward, backward, and sideways.

SUPER STUNTS, LESSON 8



FAMILY FUN



Go On a Safari!

Draw or glue animal pictures onto paper. Scatter them throughout your home. Walk quickly to stand on a picture. Move like that animal to the next picture. Keep going until you have finished your Safari!

SUPER STUNTS, LESSON 9



FAMILY FUN



Circus Ringmaster

Play lively music. Ask your child to name different animal movements, stunts or balances and join your child moving like that animal. For example, lion walk, forward and backward balance. Take turns being circus ringmaster.

SUPER STUNTS, LESSON 10



FAMILY FUN



Circus Simon Says

Play *Simon Says* with your child. Include animal movements, single-leg balances, and line walking. There is no elimination for doing an activity, even if "Simon" didn't say it. Take turns being Simon.

SUPER STUNTS, LESSON 11



FAMILY FUN

Side-Sliding Fun

Play music your child enjoys. Use sheets of paper or thin paper plates and side-slide slowly on a smooth floor or carpet. Play *Follow the Leader* while side-sliding with your child.

PARACHUTE PLAY, LESSON 1



FAMILY FUN

Shake, Rattle, and Roll

Grasp the opposite ends of a towel or pillowcase with your child. Say, “Shake, rattle, and roll,” and shake the towel. If you whisper, “Shake, rattle, and roll,” use small motions.

PARACHUTE PLAY, LESSON 2



FAMILY FUN

Animal Freeze Dance

Dance or wiggle with your child to lively music. Stop the music every 10-20 seconds. Freeze in an animal pose until the music starts again.

PARACHUTE PLAY, LESSON 3



FAMILY FUN

Popcorn!

Place soft, light objects on a large towel to simulate kernels of corn. Hold the edges of the towel with your child. “Popcorn!” is the signal to start shaking the towel and popping the “kernels” of popcorn off the towel. With several children or adults, use a sheet or blanket.

PARACHUTE PLAY, LESSON 4



FAMILY FUN

Galloping

Ask your child to teach you how to gallop. Name animals that gallop, like horses, zebras, or donkeys, for the entire family to imitate.

PARACHUTE PLAY, LESSON 5



FAMILY FUN

Dramatic Play

Encourage creative movement at home with books and music. Ask children to act out what they hear. A good book for this type of activity is Olivia's Opposites by Ian Falconer.

PARACHUTE PLAY, LESSON 6



FAMILY FUN

My Clubhouse

Give your child different items, like chairs, blankets, sheets, towels, and tables, to create their own clubhouse!

PARACHUTE PLAY, LESSON 7



FAMILY FUN

Fish Market

When your child goes with you to the market, find varieties of fish and creatures that live in rivers, lakes, and oceans.

PARACHUTE PLAY, LESSON 8



FAMILY FUN



Circus Act

Pretend that you and your child are in the circus. The ringmaster will call out different animal movements or balancing acts to perform. Take turns being circus ringmaster.

PARACHUTE PLAY, LESSON 9



FAMILY FUN



Farmers' Market

In the produce section at the market, help your child find the colors of the rainbow and identify textures.

For example...

<i>red:</i> tomatoes	<i>fuzzy:</i> kiwi
<i>green:</i> peppers	<i>smooth:</i> apples
<i>yellow:</i> squash	<i>bumpy:</i> oranges
<i>purple:</i> cabbage	

PARACHUTE PLAY, LESSON 10



FAMILY FUN



Circle Scavenger Hunt

Your child is learning about hoops and circles. Turn on lively music and ask your child to find 3 things that are round, like plates, rings, and bowls. Change the locomotor skill each time you play. For example, have your child walk to something round, then gallop to something new.

HOOP IT UP, LESSON 1



FAMILY FUN



Bridge Freeze

Play lively music. When the music stops, freeze in a different bridge position. For example, freeze with 3 parts touching the floor, head-elbow-knee. Join in the fun!

HOOP IT UP, LESSON 2



FAMILY FUN



Setting an Active Table

Turn on lively music while setting the table. Let your child move and help you place non-breakable items. Change the locomotor movements for each item.

For example: napkin=jump,
spoon=side-slide, fork=walk.

HOOP IT UP, LESSON 3



FAMILY FUN



Planes, Trains, and Cars

Play lively music while you and your child pretend to be airplanes, cars, motorcycles, or trains. Make clean up time fun by saying, "A train has cargo cars. How much cargo can you load before the music stops?"

HOOP IT UP, LESSON 4



FAMILY FUN



Go, Car, Go!

Turn on lively music and “drive” your imaginary “cars” medium speed on streets, slowly in school zones, fast on highways, or silly through construction zones. Stop the music and pretend to “fill up” with gas. Join your child and think of fun places to go!

HOOP IT UP, LESSON 5



FAMILY FUN



Red Light! Green Light!

While you and your child are walking, galloping, or cleaning up toys, call “Red Light!” to stop the activity and “Green Light!” to start it again.

HOOP IT UP, LESSON 6



FAMILY FUN



Can You?

Using any object around the house, ask your child to teach you different positions. For example, in front of, beside, behind, over, under, near, far, between.

HOOP IT UP, LESSON 7



FAMILY FUN



It's Green!

Your child played a game called *Frogs and Lily Pads*. When you and your child grocery shop, play *It's Green!* Locate as many green fruits and vegetables as possible.

HOOP IT UP, LESSON 8



FAMILY FUN



Circle Fun

Join your child in creating circles using different body parts such as mouth, fingers, legs, arms, and the whole body.

HOOP IT UP, LESSON 9



FAMILY FUN



Switcheroo!

When the family is sitting and being inactive call, "Switcheroo!" Everyone quickly moves to a new place. Have everyone take turns calling "Switcheroo!"

HOOP IT UP, LESSON 10



FAMILY FUN



Simon Says

Play *Simon Says* with your child. Include animal movements, single-leg balances, and line walking. There is no elimination for doing an activity, even if "Simon" didn't say it. Take turns being Simon.

HOOP IT UP, LESSON 11



FAMILY FUN



Ribbon Shapes

Use ribbon or string to make a shape (for example: circle, square, or triangle) or line (such as: straight, curve, zigzag). Move with your child to create the same shape or line using your bodies.

R,S,B FOR ME, LESSON 1



FAMILY FUN



Mirror, Mirror!

Face your child and have them move exactly as you do (like a reflection in a mirror). Perform slow movements and prompt them to follow (for example: tilt your head, raise your hand, or make a silly face). Take turns being the leader.

R,S,B FOR ME, LESSON 2



FAMILY FUN



Ribbon Fun

Move ribbons or strings in straight lines, curves, or zigzags to the beat of fun and lively music. Try drawing circles, triangles, and squares at different heights.

R,S,B FOR ME, LESSON 3



FAMILY FUN



Scarf Tossing and Catching

Ask your child to teach you how to toss and catch a scarf. Use scarves, paper napkins, or tissues.

R,S,B FOR ME, LESSON 4



FAMILY FUN



Tossing and Catching Fun

If you already played with your child using a slow moving scarf, try again with an object that is easy to grasp but falls faster – like a handkerchief or washcloth.

R,S,B FOR ME, LESSON 5



FAMILY FUN



Shape Fun

Draw straight lines, curves, zigzags, and different shapes, each on a separate sheet of paper. Each member of the family stands on a sheet of paper and uses a scarf, paper towel, or napkin to draw the object on their paper in the air. After 30 seconds, sound a signal for everyone to move to a new sheet of paper to draw a new object.

R,S,B FOR ME, LESSON 6



FAMILY FUN



Balloon Fun

Balloons are fun for all ages. Blow up a balloon for each person in your family. Turn on lively music and play!

R,S,B FOR ME, LESSON 7



FAMILY FUN



Balloon Count and Tap

With each tap of the balloon, count aloud with your child. Change the activity by saying the alphabet, the days of the week or the months of year. Remember to switch hands. Try tapping from one hand to the other or between the two of you!

R,S,B FOR ME, LESSON 8



FAMILY FUN



Balloon Tapping

While tapping the balloon with your child, call a body part (such as: elbow, thumb, shoulder) and challenge your child to use that body part to keep the balloon in the air.

R,S,B FOR ME, LESSON 9



FAMILY FUN



Clean Your Room!

Ask your child to teach your family how to play *Clean Your Room!* Place light objects, like balloons, socks, or crumpled paper, on each side of a divided area. Recruit other family members to play. Finish with a thorough room cleaning!

R,S,B FOR ME, LESSON 10



FAMILY FUN



Paper Plate Paddles

Tape 2 paper plates together making a sturdy paddle toy. Balance or tap a balloon, scrubbie, or wadded paper using the “paddle.”

R,S,B FOR ME, LESSON 11



FAMILY FUN



Balloon Partner Balance

Walk with your child, balancing a balloon between the two of you. Repeat the activity balancing the balloon with different body parts, like your hands, elbows or shoulders.

R,S,B FOR ME, LESSON 12



FAMILY FUN



Switcheroo!

Anytime the family is sitting and inactive call, “Switcheroo!” Everyone quickly moves to a new place. Have everyone take turns calling “Switcheroo!”

FLUFFBALL FUN, LESSON 1



FAMILY FUN



Self-Tossing Fun

Use a child’s bath scrubbie or wad of paper to practice tossing and catching with 2 hands. Start from a sitting position. Encourage your child to watch the object go back into their hands after tossing. This activity helps develop hand-eye coordination.

FLUFFBALL FUN, LESSON 2



FAMILY FUN



Toss It High

Using a bath scrubbie or wad of paper, have your child teach you low, medium, and high tosses. A low toss barely rises from 2 hands. A medium toss is the height of your head. A high toss is the height of an upward reach.

FLUFFBALL FUN, LESSON 3



FAMILY FUN



Toss and Count

Join your child in doing medium 2-handed tossing with a small, stuffed toy or scrubbie. With each toss, count out loud or recite the alphabet, the days of the week, or months of the year.

FLUFFBALL FUN, LESSON 4



FAMILY FUN



Roll and Bowl

Set up empty cereal boxes or water bottles. Roll a ball (as in bowling) to knock over the containers. Have fun!

FLUFFBALL FUN, LESSON 5



FAMILY FUN



Goal Roll

Use a soft, foam ball or a wad of paper. One person is the roller and the other is the goalie. The roller rolls the object between the goalie's legs. Switch positions every 3X.

FLUFFBALL FUN, LESSON 6



FAMILY FUN



Head, Shoulders, Knees, and Toes

Play fun, upbeat music. Ask your child to use a small, stuffed toy to tap various body parts that you name. Start with the head and work your way down. Repeat. Change the order of the body parts you name.

FLUFFBALL FUN, LESSON 7



FAMILY FUN



Clean Your Neighborhood!

Ask your child to teach your family how to play *Clean Our Neighborhood!* Place light objects, like balloons, socks, or crumpled paper, on each side of a divided area. Recruit other family members to play. Finish with a thorough room cleaning!

FLUFFBALL FUN, LESSON 8



FAMILY FUN



Target Throwing

Ask your child to teach you to throw underhand into a target, like a box, crate, or laundry basket. If you make a basket, shout, “Yahoo!” or perform a single-leg balance. Increase the challenge by increasing the distance between your child and the target.

FLUFFBALL FUN, LESSON 9



FAMILY FUN



Overhand Throwing Fun

Ask your child to teach you how to throw overhand using the *Ring, Ring* activity. Practice overhand throwing using a scrubbie or wadded paper.

FLUFFBALL FUN, LESSON 10



FAMILY FUN



Paper Plate Paddles

Tape 2 paper plates together making a sturdy paddle toy. Balance or tap a balloon, scrubbie, or wadded paper using the “paddle.”

FLUFFBALL FUN, LESSON 11



FAMILY FUN



Paper Striking Fun

Ask your child to teach you striking using a wad of paper. Using the palm of your hand or a paper plate paddle, take turns striking the wad of paper across the room. Repeat using the other hand.

FLUFFBALL FUN, LESSON 12



FAMILY FUN



Underhand Fun

Use an underhand throw to play catch with your child with a scrubbie, soft toy, or wadded paper. As your child becomes more confident, increase your distance.



Beanbag Balance

Join your child walking while balancing a beanbag, a small, stuffed toy or crumpled paper on a body part. For example, walk while balancing a beanbag on your head, elbow, or hand.

BEANBAG BONANZA, LESSON 1



Beanbag Partner Balance

Walk with your child balancing a beanbag or small toy between the 2 of you. For example, place it in between your hands, elbows, or shoulders while you walk.

BEANBAG BONANZA, LESSON 2



Red Things, Blue Things

Play lively music. Have your child side-slide and elbow-tap 3 red objects before you stop the music. Next, change the movement, the body part, or the color of the object. Join the fun and move with your child.

BEANBAG BONANZA, LESSON 3



I Made a Beanbag!

Make a beanbag by filling a sock, a sandwich bag, or heavy duty balloon with dried beans or rice. Join your child walking while balancing the beanbag on various body parts. Join the fun and move with your child.

BEANBAG BONANZA, LESSON 4



FAMILY FUN



Toss It High

Using a bath scrubbie or wad of paper, have your child teach you low, medium, and high tosses. A low toss barely rises from 2 hands. A medium toss is the height of your head. A high toss is the height of an upward reach.

BEANBAG BONANZA, LESSON 5



FAMILY FUN



Toss and Count

Join your child in doing medium 2-handed tossing with a small, stuffed toy or scrubbie. With each toss, count out loud; recite the alphabet, the days of the week, or months of the year.

BEANBAG BONANZA, LESSON 6



FAMILY FUN



Beanbag Simon Says

Play *Simon Says* using a beanbag or small toy. Include activities such as balancing the beanbag on various body parts or medium and high tosses. There is no elimination for doing an activity if “Simon” didn’t tell them. Take turns being Simon.

BEANBAG BONANZA, LESSON 7



FAMILY FUN



Target Throwing

Ask your child to teach you underhand throwing into a target, like a box, crate, or laundry basket. Shout, “Yahoo!” or perform a single-leg balance if the target is hit. Increase the challenge by increasing the distance between your child and the target.

BEANBAG BONANZA, LESSON 8



FAMILY FUN



Hot and Cold Game

Hide a small, stuffed toy and have your child look for it. If they move near the toy, say, "hot." If they move away from the toy, say, "cold." Add the word "warm" with older children.

BEANBAG BONANZA, LESSON 9



FAMILY FUN



Single-Leg Balance Fun

Take turns choosing a body part, like a shoulder, or arm, to balance the beanbag while balancing on 1 foot.

BEANBAG BONANZA, LESSON 10



FAMILY FUN



Ribbon Shapes

Use rope, ribbon or string to make shapes, like circles or squares. You can also make lines – straight, curved, or zigzag. Move with your child to walk the same shapes or lines.

ROPE ACTION, LESSON 1



FAMILY FUN



Circus Simon Says

Play *Simon Says* with your child. Include animal movements, single-leg balances, and line walking. There is no elimination for doing an activity, even if “Simon” didn’t say it. Take turns being Simon.

ROPE ACTION, LESSON 2



FAMILY FUN



Shape Fun

Draw straight lines, curves, zigzags, and different shapes on a piece of paper. Each person stands on a sheet of paper and uses a scarf, paper towel or napkin to draw the object shown in the air. On cue, everyone moves to a new spot and continues.

ROPE ACTION, LESSON 3



FAMILY FUN



Jumping Fun

Draw or glue onto paper pictures of a rabbit, a kangaroo, and a frog. Scatter the pictures throughout your home. Jump quickly to the first picture. Jump like that animal to the next picture. Keep going until you have visited every animal!

ROPE ACTION, LESSON 4



FAMILY FUN



In the Bag!

Cut out circle, triangle, and square shapes. Place them in a bag. Each person reaches into the bag and pulls a shape and walks, gallops, or hops to find something in the home that is the same shape.

ROPE ACTION, LESSON 5



FAMILY FUN



I Spy With My Eye

Play the game *I Spy With My Eye*. Say, "I spy with my eye something round that you must hop to and stand near." Your child hops to find the object you've spied of that shape and stands near it. Switch roles.

ROPE ACTION, LESSON 6



FAMILY FUN



Safety Plan

Make and practice a family fire emergency plan. Teach your children how to contact help in the event of an emergency.

ROPE ACTION, LESSON 7



FAMILY FUN



Memory Game

Draw or glue pictures of the same number, letter, or shape on 2 cards or jar lids. Make several sets of 2. Place them face down. Take turns trying to make a match by turning over 2 at a time. When you match 2, do your favorite animal movement around the room.

ROPE ACTION, LESSON 8



FAMILY FUN



When the Word is Heard!

Before reading a story to your child, pick a word that is the “special” word. The “special” word could be the word “the.” Everyone listens for “the” as the story is read. When “the” is heard, everyone jumps up and sits back down. This can also be played with recorded stories.

ROPE ACTION, LESSON 9



FAMILY FUN



Let’s Make the Letter V

Your child has been creating the letter **V**. Can you make the letter **V** using different parts of your body. Try using your fingers, legs, and arms. How many can you make? Can you work together to make a **V**?

ROPE ACTION, LESSON 10



FAMILY FUN



Roll the Dice

Create an activity for each of the 6 sides of a single die:
1=move at a low level
2=move at a high level
3=move in a straight pathway
4=move in a curved pathway
5=move in a zigzag pathway
6=wiggle
Have your child roll the die and join in the fun

ROPE ACTION, LESSON 11



FAMILY FUN



Side-Sliding Fun

Play music your child enjoys. Use sheets of paper or thin paper plates and side-slide slowly on a smooth floor or carpet. Play *Follow the Leader* while side-sliding with your child.

ROPE ACTION, LESSON 12



FAMILY FUN



Ball Balance Fun

Turn on lively music and walk around the house balancing a ball in 1 hand. Switch hands. While balancing the ball, move in different ways. For example, walk fast, high on tiptoes, or low to the ground.

HAVE A BALL, LESSON 1



FAMILY FUN



Follow the Leader

Turn on lively music and play *Follow the Leader*. The leader chooses the way to move. For example, the leader gallops, walks, jumps, side-slides, or leaps while the rest of the family follows.

HAVE A BALL, LESSON 2



FAMILY FUN



Ball Toss

Use a medium-sized ball or soft object to practice self-tossing and catching at low, medium, and high levels with your child.

HAVE A BALL, LESSON 3



FAMILY FUN



Go, Doggie, Go!

Ask your child to use a ball to teach you how to walk the "dog." Take turns slowly rolling (walking) the ball (dog) around the room using only the tips of your fingers.

HAVE A BALL, LESSON 4



FAMILY FUN



Go, Doggie, Go! In the City

Ask your child to teach you how to play *Go, Doggie, Go!* Our dogs live in a busy city. When we take our dogs for a walk, we have to obey the traffic lights. Family members take turns calling “red light” and “green light.”

HAVE A BALL, LESSON 5



FAMILY FUN



Roll and Bowl

Set up empty cereal boxes or water bottles as bowling pins. Roll a ball to knock over the containers. Have fun!

HAVE A BALL, LESSON 6



FAMILY FUN



Bounce and Count

Ask your child to teach you how to bounce and catch a ball. With each bounce and catch, count out loud; recite the alphabet, the days of the week, or the months of year.

HAVE A BALL, LESSON 7



FAMILY FUN



Bounce, Catch, and Walk

Play lively music. Bounce and catch a ball while walking from one place to another.

HAVE A BALL, LESSON 8



FAMILY FUN



Dribbling

Ask your child to teach you how to dribble. Practice with each hand. If dribbling with 1 hand is difficult, it's fine to use 2 hands.

HAVE A BALL, LESSON 9



FAMILY FUN



Target Throwing

Ask your child to teach you to throw underhand into a target, like a box, crate, or laundry basket. If you make a basket, shout, "Yahoo!" or perform a single-leg balance. Increase the challenge by increasing the distance between your child and the target.

HAVE A BALL, LESSON 10



FAMILY FUN



Overhand Throwing Fun

Ask your child to teach you how to throw overhand using the *Ring, Ring* activity. Practice overhand throwing using a scrubbie or wadded paper.

HAVE A BALL, LESSON 11



FAMILY FUN



Hot Potato

Turn on lively music. Play *Hot Potato* rolling a ball back and forth with your child. Try this game sitting and standing. For added fun, turn back to back and roll it to each other backwards through your legs.

HAVE A BALL, LESSON 12



FAMILY FUN



Foot to Foot

Take turns with your child using only feet to roll a small, soft ball, balloon, or crumpled paper from one foot to the other foot. Turn on a lively song and roll the object to the beat of the music.

FANCY FEET, LESSON 1



FAMILY FUN



Switcheroo!

When the family is sitting and being inactive call, "Switcheroo!" Everyone quickly moves to a new place. Have everyone take turns calling "Switcheroo!"

FANCY FEET, LESSON 2



FAMILY FUN



Kicking

Ask your child to teach you how to kick a ball. First, pretend to kick without a ball. When you are both ready, choose a safe, soft object, like a balloon, for indoor kicking.

FANCY FEET, LESSON 3



FAMILY FUN



Shot on Goal

The object of *Shot on Goal* is to score a goal by kicking a balloon, scrubbie, or foam ball through the other person's straddled legs. No blocking allowed! Switch places every 3X.

FANCY FEET, LESSON 4



FAMILY FUN



Kick and Roll

Use a soft, foam ball or a wad of paper. One person is the kicker and the other is the roller. Kicker kicks the object to the roller, who rolls it back to the kicker. Change positions every 3X.

FANCY FEET, LESSON 5



FAMILY FUN



Kick and Stop

Use a balloon, fluffball, foam ball or a wad of paper. One person is the kicker while the other is the goalie. The goalie stands with heels together in a "V." The kicker tries to kick the ball into the "V." The ball must roll on the floor. Change positions every 3X.

FANCY FEET, LESSON 6



FAMILY FUN



Treasure Hunt

Place objects of different colors and shapes throughout the room. Call a color or shape and an animal walk. Your child does the animal walk named when bringing the object to you.

FANCY FEET, LESSON 7