



Sunshine Academy Pre K

July 2017: Get Moving!



Mon

Tue

Wed

Thu

Fri

Intro to Health and Fitness	3 School Closed Independence Day Observed	4 School Closed Independence Day Observed	5 Journal: Why Does My Body Need Exercise? Jumping Game and Name Chart	6 List Healthy Foods Hydrate Sponges with Eye Droppers	7 Journal: How Can I Take Care of My Body? KWL: Fitness
Exercise and Dance	10 Breathing and Stretching Exercise Circle at Park	11 Create Our Own Dance Moves Limbo and Tight Rope	12 Journal: What is Yoga? Pre-K Yoga	13 Hop Scotch Musical Chairs	14 Journal: Dancing Makes Me Feel... Freeze Dance Painting Outside
Sports	17 Create Team Name and Mascot How To Be a Team Player Discussion	18 Rules of Sports Poster How Far Can I Kick Soccer Ball and Measure	19 Design Hockey Jerseys Q-Tip Hockey	20 Partner Pitching and Hitting Sport Word Wall	21 Sport Research Project Graph Favorite Sports
Park Games	24 Outdoor Waterplay Red Light, Green Light	25 Number Bean Bag Toss/Add Scores Ring Toss	26 Water Pass/Fill the Bucket Game Fishy Cross My Ocean Game	27 Three Legged Race Balance Game at Crowley	28 Obstacle Course at Griggs Parachute Play Challenge
Wrap Up	31 PK Class Fitness Book KWL: What We Learned				

Sensory Table
Eye Droppers and Sponges

Pretend Play
Sports Dress Up, Ace Bandages, Sports Puzzles

Blocks
Build Block Stadium, Block Dolls

Writing Table
Journals, Word Wall, List Rules

Science Area
Healthy Foods List, Nutrition Charts, Human Body Models