



Sunshine Academy Toddler Two

July 2017: Sports and Fitness Fun



Mon

Tue

Wed

Thu

Fri

Intro to Fitness	3 School Closed Independence Day Observed	4 School Closed Independence Day Observed	5 Discuss: What is Fitness? Create Fitness Area Healthy Food: Special Snack	6 Create T2 Sports Jerseys Play Capture the Flag	7 Create Weights and Visit to Health Works How Many Weights Can We Carry?
Ball Games	10 Explore Sports Equipment Match Equipment to Sports	11 Partner Pass Kicking Soccer Ball Papier Mâché Soccer Ball	12 Partner Throw and Catch at Park Paper Plate Baseball Lacing	13 Handprint Basketball How Many Shots Can We Make?	14 Basketball Rice Cake Special Snack Sports Collage
Track and Field	17 Create Batons and Relay Race Pool Noodle Javelin Painting	18 Hopscotch at Crowley Walk Across Balance Beam	19 Chart How Many Jumps Bubble Chase	20 Hoop Jumping Ink Pad Jumping Footprint	21 Create Track and Field Sand Table Long Jump and Measure Distance
Swimming	24 Make Goggles Explore Swim Gear	25 Sing "Swim Kids," Pretend Swimming Cold vs. Warm Water	26 Practice Breathing Through Straws Collage Letter "S" with Waves	27 3-D Pool Diorama Creation Water Play Fun	28 Water Splashing Game How Much Water Fits in the Kiddie Pool
Fun, Fun, Fun	31 Favorite Fitness Activity Chart T2 Field Day				

Sensory Table
Splash in Water, Fill Up Mini Pool, Dye Cotton Balls

Pretend Play
Slam Dunk Contest. Pretend Swimming

Block Area
Create Track/Field, Make and Use Weights