



PRESCHOOL

Week of June 15, 2020

Sports - Let's Get Moving!

Sponge Darts

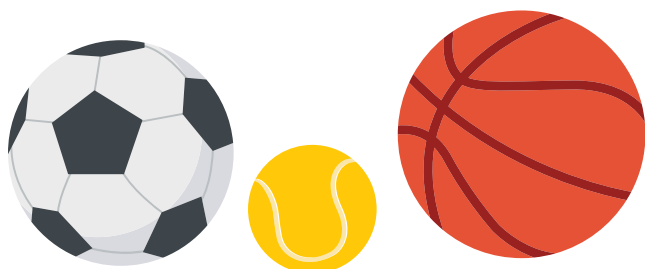
- Draw a bullseye on the driveway.
- Using wet sponges (wet ones go farther), play a darts game.
- Each team member should have a different color so you know whose dart is whose.
- Throw darts five times each.
- Add up the score.
- High score wins!

Balloon Tennis

Supplies:

- paper plates
- craft sticks
- balloons

Start by making tennis rackets. Use a strong paper plate and glue it to a craft stick. Once it has dried, blow up a balloon and let the fun begin!



Hammer Throw

- Stuff a small paper bag with newspaper.
- Tie it off with a 12" long string.
- Hold the end of the string.
- Spin around three times. Let go.
- Watch how far the hammer travels.

Bottle Bowling

You will need ten empty plastic bottles and a rubber ball. Demonstrate to your child how the ten bottles should be lined up to 'bowl' with the rubber ball. Count out twenty steps for the 'foul' line. Draw a line, put a stick, or do something to mark that spot. Have your child practice bowling the ball! You may need to help with the set up a few times until they get the hang of it!

Sports Ball Fruit Cups

Here's a fun and healthy snack idea from Fun365. Use a permanent marker to draw lines of different sports balls onto the top plastic of fruit cups (black lines on oranges for basketballs, red "stitched" lines on pears for baseballs, etc.). Click [here](#) for a photo and more details.

Please see below for some additional activities that you could try with your child.

Sing It

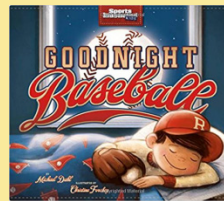
Over here and over there, water everywhere.
Water in the pool. Keeping us cool.
Up in the clouds and down it goes.
It's pumped to our homes,
where the water flows.
Water cleans you up, sitting in the tub.
Water cleans the floor
when you scrub, scrub, scrub.
Home to the fish. Splash and splish.
Puts fire out. Helps seeds sprout.
Sailing on the water, cruising on a boat.
Let the water move you as you
float, float, float.
Water helps the plants and animals grow.
And when the water gets cold, we get
ice and snow.
With no water,
We'd be so thirsty and hot.
So let's be thankful for the water we've got.
Water is a gift, so don't waste it.
Turn it off when you're done.
We'll have enough for everyone.



Take the Water Challenge

- To help your child realize the importance of drinking water. Make a graph with your child for the amount of glasses of water he should drink. Here are the guidelines:
 - 3-5 year olds – Five 8-ounce glasses of water
- Have your child color the glass when he finishes a glass or at the end of the day.
- Remember you need to be a good role model.

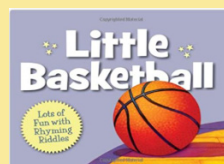
Books To Read



Goodnight Baseball
(Fiction Picture Books)
by Michael Dahl



Little Soccer (Little Sports)
by Brad Herzog and
Doug Bowles



Little Basketball (Little Sports)
by Brad Herzog and
Doug Bowles