GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

KINDERGARTEN

SPORTS AND GAMES

WEEK 2 • DAY 1
### GREETING

**ACTIVITY**
Greet your child with a warm “Good morning.” As you go through your routine, have your child count the steps he or she needs to do (e.g., make the bed, get dressed, wash face). Wow! Your child will be surprised at how many steps there are.

**LEARNING SKILLS**
Sequencing, learning healthy habits, mathematics

**MATERIALS**
N/A

### MORNING MEETING

**ACTIVITY**
Are you game? Talk about your favorite sports or games. Ask your child what he or she would like to do. Make sure you plan for a time to do your child’s chosen sport or game during the day and add it to the daily chart.

**LEARNING SKILLS**
Working memory, writing skills, communication

**MATERIALS**
Daily chart, paper, pencil or marker

### TRANSITION

**ACTIVITY**
Pass a ball quickly to each other as you transition to the next activity. Try to keep from dropping it.

**LEARNING SKILLS**
Speed, balance

**MATERIALS**
Small ball or pillow
**PRE-EXPLORATION**

**ACTIVITY**
Talk about what is in a deck of cards: numbers, shapes and pictures.

**LEARNING SKILLS**
Observation, listening skills

**MATERIALS**
Deck of cards

**PURPOSEFUL EXPLORATION**

**ACTIVITY**
Ask your child to sort and play with the deck of cards. Ask “Can you build something with them?” “How many number 2s are in the cards?” Have your child sort them by color, shape or number.

**LEARNING SKILLS**
Creativity, mathematics, understanding shapes and colors

**MATERIALS**
Deck of cards

**POST-EXPLORATION**

**ACTIVITY**
Talk about how fun the cards were and your child’s exploration. Now flip the cards in the air and have fun picking them all up.

**LEARNING SKILLS**
Reflection and humor

**MATERIALS**
Deck of cards
### Mealtime

**Activity**
Make a game of setting the table. Ask your child questions, e.g. “What do we use to drink?” “What do we use to wipe our mouths?” As your child answers, he or she can add the items to the table.

**Learning Skills**
Cognitive flexibility, developing vocabulary

**Materials**
N/A

### Transitions

**Activity**
Hop, skip and jump as you move from your mealtime. Mix it up and try different sequences.

**Learning Skills**
Flexibility, balance

**Materials**
N/A

### Learning Lab

**Activity**
Test distance, and size! Throw different sized balls in a variety of containers. Make us a series such as drop, roll and throw into the containers. How many tries does it take to complete each one?

**Learning Skills**
Direction and movement, gross motor skill development

**Materials**
Balls of different sizes, containers (pots on their sides work well)
## OUTSIDE TIME

**ACTIVITY**
Ask your child to create an obstacle course using at least five obstacles (e.g., balls, blocks, sticks, stones). Once finished, try to go through the course. This is a great activity for the whole family; take turns creating simple courses. For rainy days, this can be done indoors as well.

**LEARNING SKILLS**
Organization, strategy, engineering

**MATERIALS**
Balls, blocks, outdoor nature materials (can use recycled materials)

## REST TIME

**ACTIVITY**
Time to relax. Establish a routine before naps that supports your child to calm his or her body and settle the mind. Ask your child what he or she thinks will calm their bodies. Then try the ideas together.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A

## TRANSITION

**ACTIVITY**
Play a game of catch. Switch it up by throwing the ball overhand, underhand, over your head and between your legs.

**LEARNING SKILLS**
Gross motor skill development, balance

**MATERIALS**
Mid-size ball
## CHILD’S CHOICE

| ACTIVITY | This may be a good time to do the one thing your child wanted to do today. You can also do this activity anytime during the day. |
| LEARNING SKILLS | N/A |
| MATERIALS | N/A |