GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

KINDERGARTEN

SPORTS AND GAMES

WEEK 4 • DAY 1
### GREETING

**ACTIVITY**

“Good morning. Let’s get our faces moving!” Make funny faces this morning. Call out an expression and make that face.

**LEARNING SKILLS**

Social awareness

**MATERIALS**

N/A

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### MORNING MEETING

**ACTIVITY**

Talk about what you did yesterday and discuss the plan for the day. Write a plan together. What would your child like to do today?

**LEARNING SKILLS**

Planning and organization, reflection

**MATERIALS**

Daily chart, paper, pencils or markers

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### TRANSITION

**ACTIVITY**

Create a finish line. Get out a timer. Set an odd object in front of your child. He or she must kick the object across the yard to the finish line in 10 seconds to win a point. Take turns kicking the object. Can you get to 10 points in five minutes? Kick things such as a pillow, empty can or rolled-up sock.

**LEARNING SKILLS**

Gross motor skill development, following directions

**MATERIALS**

Ball, empty can, sock or pillow; timer
**GODDARD AT HOME: F.L.EX.® DAILY ACTIVITY PLANS**

**KINDERGARTEN - SPORTS AND GAMES**

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**PRE-EXPLORATION**

**ACTIVITY**
Talk about your favorite board game you have at home. Talk about how to play it and what the rules are.

**LEARNING SKILLS**
Working memory, communication, understanding rules

**MATERIALS**
N/A

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**PURPOSEFUL EXPLORATION**

**ACTIVITY**
Play a round of a familiar board game together. Next, ask your child to make up new rules (e.g., if you land on an orange square you have to jump up two times). Play with the new rules. Was the game more fun? Encourage your child to create a new game. Your child can use the game pieces from the other game and paper and art materials to design the new game.

**LEARNING SKILLS**
Strategy, planning, critical thinking, creativity, taking turns

**MATERIALS**
Any board game your child can play, paper, pencil, crayons, markers

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**POST-EXPLORATION**

**ACTIVITY**
Discuss the two games. Was the old game easier or harder? How would you change the game? Do you have other games with rules you can change?

**LEARNING SKILLS**
Collaboration, innovation

**MATERIALS**
N/A
### MEALTIME

**ACTIVITY**
After your meal, pretend to be pieces of spaghetti. Touch your toes and bend to the side. Stretching after a meal helps digestion.

**LEARNING SKILLS**
Balance, coordination

**MATERIALS**
N/A

### TRANSITION

**ACTIVITY**
Try a silly game of toe pick-up. Dump some small toys or objects on the floor. Ask your child to try to pick up the object with his or her toes.

**LEARNING SKILLS**
Coordination, experimenting

**MATERIALS**
Small toys or objects

### LEARNING LAB

**ACTIVITY**
It is time for puzzles. Set out several puzzles for your child to complete. This is a great independent activity. Make a game of it by tipping all the pieces from both puzzles in a pile or setting a timer to complete each puzzle. Which one was the easiest?

**LEARNING SKILLS**
Critical thinking, spatial relations

**MATERIALS**
Two or three puzzles
### OUTSIDE TIME

**ACTIVITY**

Remember hopscotch? Make a hopscotch board (using numbers 1-10) with sidewalk chalk. Play hopscotch. Discuss concepts (e.g., behind, in front of, next to) as you play. You can also make it with masking or painter’s tape.

**LEARNING SKILLS**

Math, counting, directional terms, balance, coordination, taking turns

**MATERIALS**

Sidewalk chalk or masking tape

### REST TIME

**ACTIVITY**

Time to relax. Establish a routine before naps that supports your child in calming his or her body and settling the mind. Try stretching your bodies or lying on your backs and slowly taking deep breaths. Put on some soothing music.

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A

### TRANSITION

**ACTIVITY**

Play laundry-basket toss. Practice throwing socks into the laundry basket. How many baskets did you make? Next, place the basket farther away. Was that harder?

**LEARNING SKILLS**

Gross motor skill development, prediction

**MATERIALS**

N/A
### CHILD'S CHOICE

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARNING SKILLS</td>
<td>N/A</td>
</tr>
<tr>
<td>MATERIALS</td>
<td>N/A</td>
</tr>
</tbody>
</table>