

“Rolling Relays”

Review safety rules before the children have outside free play.

Divide the class into several teams and designate a starting and ending point. The children get down on their hands and knees and roll a ball (tennis or other type) with their chins and foreheads, from the starting point to the ending point and back again.

Play continues until all of the children have a turn to roll the ball. The team to finish first may be declared the winner, or the game may end without a designated winner.



Materials

- Tennis or other small ball

Approaches to Learning
Uses imagination in play and interactions with others

Science - *Understands the use of natural resources and demonstrates environmental awareness and responsibility (e.g., reduce, reuse, recycle)*

Describes characteristics in the appearance, behavior, and habitats of animals

Social Studies - *Recognizes aspects of the environment, such as roads, buildings, trees, gardens, bodies of water, or land formations*

“Ping-Pong Obstacle Course Relay”

Create a side-by-side obstacle course using blocks and or large soup cans. Use tape to designate starting and ending points.

Divide the class into two teams. Half of each team lines up behind the beginning point and the other halves line up behind the ending point. Provide a flyswatter and a Ping-Pong or wiffle ball for each team.

The children take turns to tap the Ping-Pong or wiffle ball with the flyswatter and direct the ball through the obstacle course to the ending point. Once a child hits the ending point, he or she hands the flyswatter to the child at the ending point, goes to the end of the line, and sits. The race continues until all team members are seated after their play.

Materials

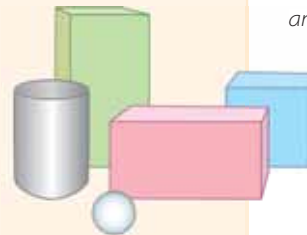
- Blocks
- Large soup cans
- Tape
- Two fly swatters
- Ping-pong or wiffle balls

Approaches to Learning
Develops increasing ability to find more than one solution to a question, task or problem alone or with others

Fine Motor Skills
Demonstrates hand-eye coordination

Gross Motor Skills
Moves with an awareness of personal space in relationship to objects and others

Moves with balance and control



“Exploring Music”

Have the children bring the drums they created this week (and/or other musical instruments) outside where they use them to create a “marching band.” Encourage them to make up their own games and explore a variety of different rhythms and sounds using the instruments.



Materials

- Drums created in class and/or other musical instruments

Approaches to Learning
Approaches tasks, activities and problems with creativity

Creative Arts - *Creates sounds using traditional or handmade instruments*

Enjoys participating in a variety of music activities

Experiences different moods, tempos, and rhythms in music activities