

"Safety Rules Review"

Discuss safety rules and natural consequences of not following them before outside free play and identify adults who help keep them safe at school and on the playground. The children practice following the rules while using available equipment such as tricycles, balance beams, swings, slides, etc.



Health, Safety and Nutrition

Identifies adults in their communities who keep them safe and healthy

Identifies the importance of personal safety practices, rules, and routines

Gross Motor Skills

Combines a sequence of large motor skills

Moves with balance and control

How Far Can You Jump?

Place a tape measure or yardstick on the grass or a sandy location on the playground. Identify the starting point. The children take turns to practice jumping. Each child then jumps twice and assists you to measure, record, and compare the length of their jumps to determine which jump was longer.

Materials

- Tape measure or yard stick.
- Paper and pencil

Gross Motor Skills

Demonstrates strength and coordination of large muscles to engage in skills such as jumping, hopping, and running

Math - *Becomes familiar with standard and nonstandard measuring tools and their uses*

Measures length, weight, height, size, or capacity of one or more objects

Uses charts and graphs to collect and analyze data

