

Kindy Week 6

Day Three

Physical Activity: Practice fundamental movement skills

Warm Up Song -Walk and Walk and Stop - <https://www.youtube.com/watch?v=bj0vltlw78A>.

Static Balance – Criteria

support leg still, foot flat on ground

non-support leg bent, not touching support leg

can balance on either leg

eyes focused forward

head and trunk stable and upright

arms still, may be extended for extra balance (aeroplane arms)



Focus balancing -Child stands with one foot in front of the other, the heel of one foot touching the toe of the other. Ask child to: hold arms out to the side -place hands on hips - repeat these activities on the other leg. Ask child to identify which leg provides the best base for a balance: which is the preferred leg?

Have dots on the wall for children to focus on when balancing. They need to focus their eyes to aid balancing on one foot. Model balancing on one foot.

Balancing with Chairs - Adult models balancing on one foot. Use a chair as a guide to help child. Start by holding on with two hands and gradually move to not holding on.

Literacy Activity: Vocab - Clothing

Play Dress Ups - Use home dress ups, old clothes and clothes from other family members that you can use to dress up in. Can you name the items of clothing you are wearing?

Reading Activity: Spot Goes to School

View Story Spot Goes to School - <https://www.youtube.com/watch?v=XKn4FSp6Q-Y>.

View together, stopping and encouraging your child to answer the following comprehension questions.

What do you think is in Spot's bag?

What is the teacher doing?

Which animal has sharp teeth?

What is this? (Point to the see-saw)

What do we use a paint brush for?

Create and Play Activity: Make Dog Ears

Collage Dog Ears (template on next page), using diff textured brown/black materials, such as paper, card, wool or natural materials from the garden. When glue is dry attach to a headband and enjoy role play!



