

# Kindy Week 10

## Day Three

**Physical Activity:** Practice fundamental movement skills

(Running, Balancing, hoping)

**Warm Up Song** - Walk, walk, walk stop song

<https://www.youtube.com/watch?v=bjOvltIw78A>

### Static Balance

Balance on one leg for 5 seconds. Swap and repeat. Try balancing with an object on head on one foot. Advanced... try balancing in tree pose.

### Hopping.

Model Hopping - \* Support leg bends on landing then straightens to push off \*Takes off and lands on forefoot \*Swing leg moves in rhythm with support leg \* Able to hop on both right and left legs \*Head and trunk stable with eyes focused forward \*Arms bent and move to assist leg action Hop on the spot holding their hand OR friends hand if needed OR while they hold the back of a chair.

### Running

Cone striding. Set up cones that encourage children to take longer strides. Set up like a mini maze where children need to stride from one cone to the next. Increase the length of their stride when running by placing markers or lines on the ground to mark each time the foot touches the ground

**Literacy Activity: Vocab – Body Parts**

**Take a photo of your favorite body part** – What's your favourite body part? Why? What does it help you to do? Take a photo of your child's favourite body part. Record why it's their favourite body part and post to Class Dojo (Your child's portfolio).

**Reading Activity: Read 'From Head to Toe' by Eric Carle**

**I can do it! – I am \_\_\_\_\_ and I can \_\_\_\_\_**

- Parents to scribe what your child can do (eg. Walk, run, dance) and then students to draw


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**From Head to Toe**

**I am \_\_\_\_\_**  
**and I can \_\_\_\_\_.**

**Can you do it?**  
**I can do it!**

Term One, Week 7



# From Head to Toe



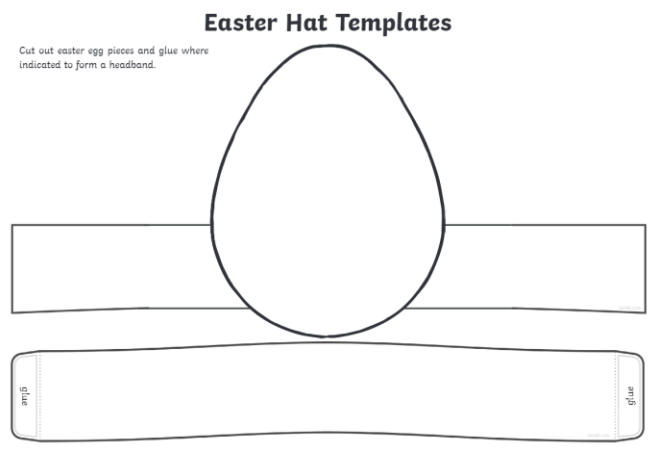
**I am \_\_\_\_\_**  
**and I can \_\_\_\_\_.**

**Can you do it?**  
**I can do it!**

**Create and Play Activity: *Create Easter Hat***

Printer Easter hat template and cut out.

Paint, colour, collage an Easter hat.



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# Easter Hat Templates

Cut out easter egg pieces and glue where indicated to form a headband.

