

Sports and Physical Fitness Activities for Friday

On the Move

CD Air Hockey

Put your old CD's to good use or create your own!

Materials:

- Old CD's or cardboard
- Scissors
- An empty box

Instructions:

1. Scatter CD's (or create your own by cutting disks from cardboard) across a smooth surface.
2. Lay an empty box on its side with the opening facing your child.
3. Instruct your child to slide the CD's across the surface and into the box.
4. See how many CD's your child can slide into the box for a fun game of air hockey.

Adventures Online

Family Cardio Workout

Get your heart rate up with this fun family cardio workout. Talk with your child about the different workout moves that you are doing.

<https://www.youtube.com/watch?v=5if4cjO5nxo>

Sensory Time

Paper Plate Skating

Did someone say skating? I can't think of a better way to get around the house.

Materials:

- 2 paper plates
- Bare feet

Instructions:

1. Place the 2 paper plates on the ground face up.
2. Put one foot on each plate
3. Skate around the house and join in the fun with your toddler.

Story Time

Squirrel named Sproing

Enjoy this interactive story that is sure to be tons of fun. Read this fun story and loudly say the words that are bolded and act out the words with your toddler.

There once was a squirrel who loved to **jump**. This squirrel's name was Sproing. Sproing did not **scamper** most of the time like regular squirrels, but instead **hopped** and **jumped** and **leaped** everywhere she went. She woke up early every morning, **stretched** her arms, **waved** hello to the sun then **scampered** down her tree to begin her day. She rarely went straight down the tree. She liked to **jump** from branch to branch first. She loved it when the branch would **bounce**, and she would have to try to keep her **balance** before **leaping** to the next branch.

The first stop in Sproing's day was almost always the park. She would find the benches and **climb** up onto the seats. She would **walk** carefully along the benches then **jump** off, making a safe landing. She would look under the benches to see if she could find any food or treats to **eat**. Another one of Sproing's favorite things to do was to **run** along the path in the park and **jump** high over every crack in the sidewalk. She liked to pretend that she was a super flying squirrel, **jumping** as high as she could over every line she saw.

Sproing's day went on like that with every activity involving **jumping**. She **hopped** over small things like leaves, she **jumped** over big things like rocks, she especially loved to **jump** over things that were in a row – like **jumping** from rock to rock in the river. Sproing's day usually ended with a visit to the garden. She would **jump** from flower bed to flower bed, **sniffing** the beautiful flowers, **reaching** up to touch the tall sunflowers and **crouching** down to look at the tiny pieces of grass.

Sproing was usually pretty tired at the end of the day. She liked to do a little **stretching** in the garden before going home to her nest. She **reached** high to the sky, **stretched** her paws out to both sides, **stretched** down and **touched** her toes. She **shook** out her legs after all of her **jumping**, then headed home for one leisurely **climb** into her tree. In her nest, she **curled** up, **closed** her eyes and went to sleep, dreaming of another day of **jumping** tomorrow.

Arts and Creativity

What's on My Plate?

What a fun way to introduce food groups and introduce healthy eating.

Materials:

- Paper plate
- Old magazines (optional)
- Crayons or markers
- Picture of the food groups

Instructions:

1. Separate the paper plate into four sections.
2. Cut out pictures of different food from old magazine or have your toddler draw their healthy meal for the day according to the four food groups
3. Glue the picture from the magazine in each category and label each section according to the food category. (fruits, vegetables, grains & protein)
4. Talk with your child about their favorite foods and what food group they belong in and have your child help you plan your next healthy meal.