

Sports and Physical Fitness Activities for Monday

On the Move

Olympic Obstacle Course

Go for the gold with this toddler-friendly obstacle course.

Materials:

- Dining chairs
- Blanket or rug
- Tape
- String
- Paper

Instructions:

1. Set up two dining chairs back to back.
2. Cut a piece of string long enough to stretch across and connect to both chairs. Tape one end of the string to each chair.
3. Cut strips of paper and tape them hanging downwards from the string, creating a space for your child to crawl through.
4. Roll a blanket or rug into a tube and place it in front of the crawl space.
5. Tape a zig zag line to the floor for your child to walk along to the finish line of the obstacle course.
6. Have your child race through the obstacle course and go for the gold to reach the finish line.

Adventures Online

Name That Sport

Do you like playing sports? What's your favorite sport? Name each sport and provide information on the different sports.

<https://www.youtube.com/watch?v=yGJ0MoYXmZA>

Sensory Time

Backyard Scavenger Hunt

There is an endless amount of textures right in your own backyard. Let's see how many you can find.

Materials:

- Container to hold treasures (textured items)
- The great outdoors

Instructions:

1. Walk around the yard and collect a variety of textured items (sticks, grass, rocks, balls, etc.)
2. Look at the items collected and discuss how they feel (bumpy, smooth, sticky, etc.).

Story Time

She's Got This

Enjoy this inspirational story by Olympic gymnast Laurie Hernandez about a little girl named Zoe who dreams of becoming a gymnast.

Read Aloud: <https://www.youtube.com/watch?v=-ZD6h3OjByo>

Arts and Creativity

I've Got A Body Song

Toddlers will have fun with this action song while getting the wiggles out.

I've Got A Body

(sung to the tune of "Old McDonald Had a Farm")

I've got a body, a very busy body (wiggle your body)

And it goes everywhere with me!

And on my body, I have hands & they go

Everywhere with me (clap hands)

With a clap, clap here, and a clap there,

Here a clap, there a clap, everywhere a clap, clap

I've got a body, a very busy body (wiggle your body)

And it goes everywhere with me!

I've got a body, a very busy body (wiggle your body)

And it goes everywhere with me!

And on my body, I have feet & they go

Everywhere with me (stomp feet)

With a stomp, stomp here and a stomp, stomp there

Here a stomp, there a stomp, everywhere a stomp, stomp

I've got a body, a very busy body (wiggle your body)

And it goes everywhere with me!

I've got a body, a very busy body (wiggle your body)

And it goes everywhere with me!

And on my body, I have eyes and they go

Everywhere with me (blink eyes)

With a blink, blink here and a blink, blink there

Here a blink, there a blink, everywhere a blink, blink

I've got a body, a very busy body (wiggle your body)

And it goes everywhere with me!