

## Sports and Physical Fitness Activities for Tuesday

### On the Move

#### Ball Round Up Race

Every sport has its own ball and somehow, they've ended up all over the place!

Materials:

- Various balls (basketball, tennis ball, soccer ball, baseball, football, etc.)
- Hula hoop or basket
- Timer/stopwatch

Instructions:

1. Scatter various balls throughout a cleared area in your home or outside.
2. Set up a hula hoop or basket near the balls.
3. Have your child pick up all the balls and place them inside the hula hoop/basket before time runs out!

### Adventures Online

#### Colorful Sports

Name the colors and shapes as the kids explore the basketball, soccer and car racing. Ask your child to name other things in the home that are the same color or shape.

<https://www.youtube.com/watch?v=0dXZ3pyav9k>

### Sensory Time

#### Painted Feet

If you could choose any color, what color would you want your foot prints to be?

Materials:

- Paint (any color)
- Paintbrushes
- Tape
- Several sheets of paper
- Bare feet

Instructions:

1. Tape the paper to the sidewalk or to a large area outside in a line.
2. Use a paint brush to paint the bottom of your child's feet.
3. Assist your child with walking on the paper to create footprints.
4. Allow your child to admire their painted feet & decide where they would like to showcase their art.

### Story Time

#### Pete Plays Ball

Watch an interactive story of Pete the Cat playing baseball.

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

## **Arts and Creativity**

### **Fitness Brag Book**

Encourage your child to be fit and active with this fitness brag book

Materials:

- Magazine or camera to take pictures
- Paper or construction paper
- Crayons & markers
- Tape, stapler, or hole punch

Instructions:

1. Take photos of your child doing different activities such as running, jumping, throwing a ball, standing on one leg etc. (If you don't have access to print pictures, cut pictures out of a magazine.)
2. Glue pictures on different sheets of paper to make a book
3. Staple, glue or hole punch your book together.
4. Have your toddler label each picture to explain what he/she was doing and have your toddler read it to you!