

Sports and Physical Fitness Activities for Wednesday

On the Move

Cup Kickball

Kickball and bowling have never been played like this, until now!

Materials:

- 6 plastic cups
- Medium-sized ball

Instructions:

1. Stack the cups into a pyramid (3 on the bottom, two in the middle, and one on top).
2. Have your toddler kick the ball and attempt to knock over the cup pyramid.

Adventures Online

Exploring Agility

Enjoy this fun workout as you explore the meaning of agility. As you move throughout your day, see if you can continue to use the word agility in conversation and in play.

https://www.youtube.com/watch?v=BuA2o9Mio_Q

Sensory Time

Double Balance Beam

Keep your balance and try not to fall. This double balance beam is the biggest challenge of all.

Materials:

- Tape
- Hands and feet

Instructions:

1. Tape 2 matching parallel lines on the floor or sidewalk. (Make sure it is close enough for child to reach while on hands and feet. Lines may have curves but must match.)
2. Put feet on one line and hands on the other and move sideways to the end.
3. See how many times your child can make it to the end without falling.

Story Time

Max Soccer Expert

Max knows a lot about soccer so he's pretty much an expert. He's been playing it for three weeks!

Read Aloud: <https://www.youtube.com/watch?v=CJBR2jk8QMk&t=121s>

Arts and Creativity

Movement Songs for the Body

Enjoy these exciting songs about different ways to move your body.

I'm Bouncing!

I'm bouncing, bouncing everywhere!

I bounce and bounce into the air!

I'm bouncing bouncing like a ball, I bounce and bounce then I fall!!

My Hand!

This is my right hand, I will raise it up high (raise your right hand)

This is my left hand, and I will touch the sky (raise your left hand)

Right hand (raise right hand), left hand (raise left hand)

Roll them around (roll hands in a circle)

Right hand (raise right hand) Left hand (raise left hand)

Pound, pound, pound, pound (pound hands on top of each other)