

Enrichment Lesson Plan

Theme: Wacky Water Week

Class: Gym

Week: July 30th- August 3rd, 2018

Day of the Week	Gard II	Gard III	Crème Prep	Transitional Kindergarten	Summer Camp
Mon.	<p>4 Corners</p> <p>5 minute warm-up.</p> <p>Encourage the children to play 4 corners.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>4 Corners</p> <p>5 minute warm-up.</p> <p>Encourage the children to play 4 corners.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>4 Corners</p> <p>5 minute warm-up.</p> <p>Encourage the children to play 4 corners.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>4 Corners</p> <p>5 minute warm-up.</p> <p>Encourage the children to play 4 corners.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>4 Corners</p> <p>5 minute warm-up.</p> <p>Encourage the children to play 4 corners.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>
Tues.	<p>Bubble Pop</p> <p>5 minute warm-up.</p> <p>Encourage the children to try to pop the bubbles.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Bubble Pop</p> <p>5 minute warm-up.</p> <p>Encourage the children to try to pop the bubbles.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Soccer</p> <p>5 minute warm-up.</p> <p>Encourage the children to play soccer.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Soccer</p> <p>5 minute warm-up.</p> <p>Encourage the children to play soccer.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Soccer</p> <p>5 minute warm-up.</p> <p>Encourage the children to play soccer.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>
Wed.	<p>Limbo</p> <p>5 minute warm-up.</p> <p>Two players hold a soft rope or stick 3' to 4' long. Players take turns leaning backward and shuffling under the rope. Lower the rope after each round.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility</p>	<p>Limbo</p> <p>5 minute warm-up.</p> <p>Two players hold a soft rope or stick 3' to 4' long. Players take turns leaning backward and shuffling under the rope. Lower the rope after each round.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility</p>	<p>Limbo</p> <p>5 minute warm-up.</p> <p>Two players hold a soft rope or stick 3' to 4' long. Players take turns leaning backward and shuffling under the rope. Lower the rope after each round.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility</p>	<p>Limbo</p> <p>5 minute warm-up.</p> <p>Two players hold a soft rope or stick 3' to 4' long. Players take turns leaning backward and shuffling under the rope. Lower the rope after each round.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility</p>	<p>Limbo</p> <p>5 minute warm-up.</p> <p>Two players hold a soft rope or stick 3' to 4' long. Players take turns leaning backward and shuffling under the rope. Lower the rope after each round.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility</p>
Thurs.	<p>Obstacle Relay</p> <p>5 minute warm-up.</p> <p>The children will run the course from the head of the team to the turning point and back to the head of the team.</p>	<p>Obstacle Relay</p> <p>5 minute warm-up.</p> <p>The children will run the course from the head of the team to the turning point and back to the head of the team.</p>	<p>Obstacle Relay</p> <p>5 minute warm-up.</p> <p>The children will run the course from the head of the team to the turning point and back to the head of the team.</p>	<p>Obstacle Relay</p> <p>5 minute warm-up.</p> <p>The children will run the course from the head of the team to the turning point and back to the head of the team.</p>	<p>Obstacle Relay</p> <p>5 minute warm-up.</p> <p>The children will run the course from the head of the team to the turning point and back to the head of the team.</p>

	<p>5 minute cool down.</p> <p>Obj.- Gross motor skills</p>	<p>5 minute cool down.</p> <p>Obj.- Gross motor skills</p>	<p>5 minute cool down.</p> <p>Obj.- Gross motor skills</p>	<p>5 minute cool down.</p> <p>Obj.- Gross motor skills</p>	<p>5 minute cool down.</p> <p>Obj.- Gross motor skills</p>
<p>Fri.</p>	<p>Frog Parachute</p> <p>5 minute warm-up.</p> <p>Enjoy some parachute activities, outside, if possible.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage teamwork and group play.</p>	<p>Don't Drop the Egg</p> <p>5 minute warm-up.</p> <p>The children will have a plastic egg on the spoon and will try to walk without letting it fall.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor skills</p>	<p>Don't Drop the Egg</p> <p>5 minute warm-up.</p> <p>The children will have a plastic egg on the spoon and will try to walk without letting it fall.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor skills</p>	<p>Don't Drop the Egg</p> <p>5 minute warm-up.</p> <p>The children will have a plastic egg on the spoon and will try to walk without letting it fall.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor skills</p>	<p>Don't Drop the Egg</p> <p>5 minute warm-up.</p> <p>The children will have a plastic egg on the spoon and will try to walk without letting it fall.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor skills</p>

Enrichment Lesson Plan

Theme: **That's Entertainment** Class: **Gym**

Week: **August 6th-9th, 2018**

Day of the Week	Gard II	Gard III	Crème Prep	Transitional Kindergarten	Summer Camp
Mon.	<p>Bowling</p> <p>5 minute warm-up.</p> <p>Encourage the children to play bowling.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Bowling</p> <p>5 minute warm-up.</p> <p>Encourage the children to play bowling.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Bowling</p> <p>5 minute warm-up.</p> <p>Encourage the children to play bowling.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Bowling</p> <p>5 minute warm-up.</p> <p>Encourage the children to play bowling.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Bowling</p> <p>5 minute warm-up.</p> <p>Encourage the children to play bowling.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>
Tues.	<p>Jump the River</p> <p>5 minute warm-up.</p> <p>Tell the students they will be walking around the gym and will need to “jump the river” each time they come to a jump rope. Play music to indicate when they should be moving.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor Skills</p>	<p>Jump the River</p> <p>5 minute warm-up.</p> <p>Tell the students they will be walking around the gym and will need to “jump the river” each time they come to a jump rope. Play music to indicate when they should be moving.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor Skills</p>	<p>Jump the River</p> <p>5 minute warm-up.</p> <p>Tell the students they will be walking around the gym and will need to “jump the river” each time they come to a jump rope. Play music to indicate when they should be moving.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor Skills</p>	<p>Jump the River</p> <p>5 minute warm-up.</p> <p>Tell the students they will be walking around the gym and will need to “jump the river” each time they come to a jump rope. Play music to indicate when they should be moving.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor Skills</p>	<p>Volleyball</p> <p>5 minute warm-up.</p> <p>Encourage the children to play volleyball on the tennis court.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor Skills</p>

<p>Wed.</p>	<p>Hippity Hoppity</p> <p>5 minute warm-up.</p> <p>Pretend to stand like a flamingo. Lift one of your legs so you are standing on one foot and ask your child to imitate you. Try balancing on one foot for as long as you can. Count out loud and see how long she can do it. You'll need to hold her hands at first.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor skills</p>	<p>Red Rover</p> <p>5 minute warm-up.</p> <p>Have all of the children line up on one side of the gym space. Call to them from the other side, saying, "Red Rover, Red Rover, everybody run over!" Have the children follow your direction and run across the gym. Try some of these other movements to bring children from one side to the other: jump, walk backward, hop on one foot, twirl, and walk on tiptoes.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Red Rover</p> <p>5 minute warm-up.</p> <p>Have all of the children line up on one side of the gym space. Call to them from the other side, saying, "Red Rover, Red Rover, everybody run over!" Have the children follow your direction and run across the gym. Try some of these other movements to bring children from one side to the other: jump, walk backward, hop on one foot, twirl, and walk on tiptoes.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Red Rover</p> <p>5 minute warm-up.</p> <p>Have all of the children line up on one side of the gym space. Call to them from the other side, saying, "Red Rover, Red Rover, everybody run over!" Have the children follow your direction and run across the gym. Try some of these other movements to bring children from one side to the other: jump, walk backward, hop on one foot, twirl, and walk on tiptoes.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>	<p>Red Rover</p> <p>5 minute warm-up.</p> <p>Have all of the children line up on one side of the gym space. Call to them from the other side, saying, "Red Rover, Red Rover, everybody run over!" Have the children follow your direction and run across the gym. Try some of these other movements to bring children from one side to the other: jump, walk backward, hop on one foot, twirl, and walk on tiptoes.</p> <p>5 minute cool down.</p> <p>Obj. – Gross motor skills</p>
<p>Thurs.</p>	<p>Airplane</p> <p>5 minute warm-ups.</p> <p>Crouch down with your toddler with your arms stretched out to the sides like airplane wings. Start your engines by making the sound of a motor. Start moving slowly low to the ground like you're preparing for takeoff. Fly all around the round by tipping your wings to go different directions, spinning, and going up and down.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>	<p>Airplane</p> <p>5 minute warm –ups.</p> <p>Crouch down with your arms stretched out to the sides like airplane wings. Fly all around the round by tipping your wings to go different directions, spinning, and going up and down. Have airplane races.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>	<p>Airplane</p> <p>5 minute warm –ups.</p> <p>Crouch down with your arms stretched out to the sides like airplane wings. Fly all around the round by tipping your wings to go different directions, spinning, and going up and down. Have airplane races.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>	<p>Airplane</p> <p>5 minute warm –ups.</p> <p>Crouch down with your arms stretched out to the sides like airplane wings. Fly all around the round by tipping your wings to go different directions, spinning, and going up and down. Have airplane races.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>	<p>Basketball</p> <p>5 minute warm –ups.</p> <p>Encourage the children to play basketball outside.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>

<p>Fri.</p>	<p>Streamer Fun</p> <p>5 minute warm –ups.</p> <p>The children will hold a streamer in each hand and run around while waving them behind you. Encourage the children to dance with the streamers as well.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>	<p>Streamer Fun</p> <p>5 minute warm –ups.</p> <p>The children will hold a streamer in each hand and run around while waving them behind you. Encourage the children to dance with the streamers as well.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>	<p>Don't touch that ball</p> <p>5 minute warm –ups.</p> <p>Encourage the children to stand in the middle as the teacher rolls the ball. If the ball touches them then they are out.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>	<p>Don't touch that ball</p> <p>5 minute warm –ups.</p> <p>Encourage the children to stand in the middle as the teacher rolls the ball. If the ball touches them then they are out.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>	<p>Don't touch that ball</p> <p>5 minute warm –ups.</p> <p>Encourage the children to stand in the middle as the teacher rolls the ball. If the ball touches them then they are out.</p> <p>5 minute cool down</p> <p>Obj. –Gross motor skills</p>
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Enrichment Lesson Plan

Theme: Planet Creme

Class: Gym

Week: August 13th-17th, 2018

Day of the Week	Gard II	Gard III	Crème Prep	Transitional Kindergarten	Summer Camp
Mon.	<p>Jump over the snake</p> <p>5 Minute warm-ups.</p> <p>Encourage the children to jump over the wiggling snake.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>Bean bag relay race</p> <p>5 Minute warm-ups.</p> <p>The children will pass the bean bag from one child to the next and back again. If dropped they will have to start over again.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>Bean bag relay race</p> <p>5 Minute warm-ups.</p> <p>The children will pass the bean bag from one child to the next and back again. If dropped they will have to start over again.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>Bean bag relay race</p> <p>5 Minute warm-ups.</p> <p>The children will pass the bean bag from one child to the next and back again. If dropped they will have to start over again.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>Bean bag relay race</p> <p>5 Minute warm-ups.</p> <p>The children will pass the bean bag from one child to the next and back again. If dropped they will have to start over again.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>
Tues.	<p>Ring around the Rosie</p> <p>5 Minute warm-ups.</p> <p>Encourage the children to play Ring around the Rosie.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>What's Missing</p> <p>5 Minute warm-ups.</p> <p>Place three items on the floor. Have the children look at the items and then close their eyes. Remove one of the items. Have the children open their eyes and determine which item is missing.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>What's Missing</p> <p>5 Minute warm-ups.</p> <p>Place three items on the floor. Have the children look at the items and then close their eyes. Remove one of the items. Have the children open their eyes and determine which item is missing.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>What's Missing</p> <p>5 Minute warm-ups.</p> <p>Place three items on the floor. Have the children look at the items and then close their eyes. Remove one of the items. Have the children open their eyes and determine which item is missing.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>4 Corners</p> <p>5 Minute warm-ups.</p> <p>Have the children play a game of 4 corners.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>
Wed.	<p>Feed the Frog</p> <p>5 Minute warm-ups.</p> <p>Have the children practice throwing the beanbags in the frog's mouth.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>Stop and Go</p> <p>5 Minute warm-ups.</p> <p>Have the children sit in a circle. Direct them to pass a beanbag around the circle until they hear you clap. The clap is the signal to stop. While passing the beanbag, chant: go, go, go</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>Stop and Go</p> <p>5 Minute warm-ups.</p> <p>Have the children sit in a circle. Direct them to pass a beanbag around the circle until they hear you clap. The clap is the signal to stop. While passing the beanbag, chant: go, go, go</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>Stop and Go</p> <p>5 Minute warm-ups.</p> <p>Have the children sit in a circle. Direct them to pass a beanbag around the circle until they hear you clap. The clap is the signal to stop. While passing the beanbag, chant: go, go, go</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>	<p>Musical Freeze</p> <p>5 Minute warm-ups.</p> <p>Encourage the children to dance when the music is playing and to stop when the music is paused.</p> <p>5 Minute cool down.</p> <p>Objective: Fine motor skills</p>

<p>Thurs.</p>	<p>Duck, Duck, Goose</p> <p>5 Minute warm-ups.</p> <p>Encourage the children to play Duck, Duck, Goose.</p> <p>5 Minute cool down.</p> <p>Objective: Teamwork</p>	<p>Animal Races</p> <p>5 Minute warm-ups.</p> <p>Hop like a bunny or a frog, squat and waddle like a duck, etc.</p> <p>5 Minute cool down.</p> <p>Objective: Gross motor skills</p>	<p>Animal Races</p> <p>5 Minute warm-ups.</p> <p>Hop like a bunny or a frog, squat and waddle like a duck, etc.</p> <p>5 Minute cool down.</p> <p>Objective: Gross motor skills</p>	<p>Animal Races</p> <p>5 Minute warm-ups.</p> <p>Hop like a bunny or a frog, squat and waddle like a duck, etc.</p> <p>5 Minute cool down.</p> <p>Objective: Gross motor skills</p>	<p>Hula Hoop Freeze</p> <p>5 Minute warm-ups.</p> <p>Encourage the children to dance and when the music stops they have to find a hula hoop to stand in.</p> <p>5 Minute cool down.</p> <p>Objective: Gross motor and attention skills</p>
<p>Fri.</p>	<p>Join the Band</p> <p>5 Minute warm-ups.</p> <p>Invite children to join the band, children will play different music tools.</p> <p>5 Minute cool down.</p> <p>Objective: Teamwork</p>	<p>Join the Band</p> <p>5 Minute warm-ups.</p> <p>Invite children to join the band, children will play different music tools.</p> <p>5 Minute cool down.</p> <p>Objective: Teamwork</p>	<p>Join the Band</p> <p>5 Minute warm-ups.</p> <p>Invite children to join the band, children will play different music tools.</p> <p>5 Minute cool down.</p> <p>Objective: Teamwork</p>	<p>Hopscotch</p> <p>5 Minute warm-ups.</p> <p>The children will toss the beanbag on the squares. The children will hop and jump on the squares.</p> <p>5 Minute cool down.</p> <p>Objective: Gross motor and attention skills</p>	<p>Catch Cup</p> <p>5 Minute warm ups</p> <p>Encourage the children to try to catch the ball in a cup.</p> <p>5 Minute cool down</p> <p>Objective: Gross motor skills</p>

Enrichment Lesson Plan

Theme: Outdoor Adventures

Class: Gym

Week: August 20th-24th, 2018

Day of the Week	Gard II	Gard III	Crème Prep	Transitional Kindergarten	Summer Camp
Mon.	<p>Five monkeys</p> <p>5 minute warm-up.</p> <p>Have the children sing and dance to a fun song. After sing baby shark.</p> <p>5 minute cool down.</p> <p>Obj.- Listening skills and motor skills</p>	<p>Basketball</p> <p>5 minute warm-up.</p> <p>Invite the children to practice basketball.</p> <p>5 minute cool down.</p> <p>Obj. - Utilize the basketball court to develop basketball skills.</p>	<p>Basketball</p> <p>5 minute warm-up.</p> <p>Invite the children to practice basketball.</p> <p>5 minute cool down.</p> <p>Obj. - Utilize the basketball court to develop basketball skills.</p>	<p>Basketball</p> <p>5 minute warm-up.</p> <p>Invite the children to practice basketball.</p> <p>5 minute cool down.</p> <p>Obj. - Utilize the basketball court to develop basketball skills.</p>	<p>Basketball</p> <p>5 minute warm-up.</p> <p>Invite the children to practice basketball.</p> <p>5 minute cool down.</p> <p>Obj. - Utilize the basketball court to develop basketball skills.</p>
Tues.	<p>Kickball</p> <p>5 minute warm-up.</p> <p>Use the baseball field to teach kickball. Encourage the children to take turns kicking the ball and running the bases.</p> <p>5 minute cool down.</p> <p>Obj. - Utilize the baseball field to teach kickball.</p>	<p>Kickball</p> <p>5 minute warm-up.</p> <p>Use the baseball field to teach kickball. Encourage the children to take turns kicking the ball and running the bases.</p> <p>5 minute cool down.</p> <p>Obj. - Utilize the baseball field to teach kickball.</p>	<p>Kickball</p> <p>5 minute warm-up.</p> <p>Use the baseball field to teach kickball. Encourage the children to take turns kicking the ball and running the bases.</p> <p>5 minute cool down.</p> <p>Obj. - Utilize the baseball field to teach kickball.</p>	<p>Kickball</p> <p>5 minute warm-up.</p> <p>Use the baseball field to teach kickball. Encourage the children to take turns kicking the ball and running the bases.</p> <p>5 minute cool down.</p> <p>Obj. - Utilize the baseball field to teach kickball.</p>	<p>Kickball</p> <p>5 minute warm-up.</p> <p>Use the baseball field to teach kickball. Encourage the children to take turns kicking the ball and running the bases.</p> <p>5 minute cool down.</p> <p>Obj. Utilize the baseball field to teach kickball.</p>
Wed.	<p>Animal Yoga</p> <p>5 minute warm-up.</p> <p>Have children do Yoga, in animal poses.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility and focus.</p>	<p>Animal Yoga</p> <p>5 minute warm-up.</p> <p>Have children do Yoga, in animal poses.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility and focus.</p>	<p>Animal Yoga</p> <p>5 minute warm-up.</p> <p>Have children do Yoga, in animal poses.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility and focus.</p>	<p>Animal Yoga</p> <p>5 minute warm-up.</p> <p>Have children do Yoga, in animal poses.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility and focus.</p>	<p>Animal Yoga</p> <p>5 minute warm-up.</p> <p>Have children do Yoga, in animal poses.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility and focus.</p>

<p>Thurs.</p>	<p>Frog Parachute</p> <p>5 minute warm-up.</p> <p>Enjoy some parachute activities, outside, if possible.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage teamwork and group play.</p>	<p>Frog Parachute</p> <p>5 minute warm-up.</p> <p>Enjoy some parachute activities, outside, if possible.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage teamwork and group play.</p>	<p>Frog Parachute</p> <p>5 minute warm-up.</p> <p>Enjoy some parachute activities, outside, if possible.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage teamwork and group play.</p>	<p>Frog Parachute</p> <p>5 minute warm-up.</p> <p>Enjoy some parachute activities, outside, if possible.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage teamwork and group play.</p>	<p>Frog Parachute</p> <p>5 minute warm-up.</p> <p>Enjoy some parachute activities, outside, if possible.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage teamwork and group play.</p>
<p>Fri.</p>	<p>Dance Party</p> <p>5 minute warm-up.</p> <p>Ask children to dance to different kinds of music.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage freedom of expression.</p>	<p>Dance Party</p> <p>5 minute warm-up.</p> <p>Ask children to dance to different kinds of music.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage freedom of expression.</p>	<p>Dance Party</p> <p>5 minute warm-up.</p> <p>Ask children to dance to different kinds of music.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage freedom of expression.</p>	<p>Dance Party</p> <p>5 minute warm-up.</p> <p>Ask children to dance to different kinds of music.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage freedom of expression.</p>	<p>Dance Party</p> <p>5 minute warm-up.</p> <p>Ask children to dance to different kinds of music.</p> <p>5 minute cool down.</p> <p>Obj. - Encourage freedom of expression.</p>

Enrichment Lesson Plan

Theme: Festival Fun

Class: Gym

Week: August 27th –31st, 2018

Day of the Week	Gard II	Gard III	Crème Prep	Transitional Kindergarten	Summer Camp
Mon.	<p>Balance the Ball</p> <p>5 minute warm-up.</p> <p>Invite the children to balance the ball on the stick without letting it fall to the ground.</p> <p>5 minute cool down.</p> <p>Obj. –Fine Motor Skills</p>	<p>Balance the Ball</p> <p>5 minute warm-up.</p> <p>Invite the children to balance the ball on the stick without letting it fall to the ground.</p> <p>5 minute cool down.</p> <p>Obj. –Fine Motor Skills</p>	<p>Balance the Ball</p> <p>5 minute warm-up.</p> <p>Invite the children to balance the ball on the stick without letting it fall to the ground.</p> <p>5 minute cool down.</p> <p>Obj. –Fine Motor Skills</p>	<p>Balance the Ball</p> <p>5 minute warm-up.</p> <p>Invite the children to balance the ball on the stick without letting it fall to the ground.</p> <p>5 minute cool down.</p> <p>Obj. –Fine Motor Skills</p>	<p>Balance the Ball</p> <p>5 minute warm-up.</p> <p>Invite the children to balance the ball on the stick without letting it fall to the ground.</p> <p>5 minute cool down.</p> <p>Obj. –Fine Motor Skills</p>
Tues.	<p>Marching</p> <p>5 minute warm-up.</p> <p>Encourage the children to march around the gym with ribbons.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Jump Rope</p> <p>5 minute warm-up.</p> <p>Encourage the children to practiced jumping over the rope.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Jump Rope</p> <p>5 minute warm-up.</p> <p>Encourage the children to practiced jumping over the rope.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Jump Rope</p> <p>5 minute warm-up.</p> <p>Encourage the children to practiced jumping over the rope.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Jump Rope</p> <p>5 minute warm-up.</p> <p>Encourage the children to practiced jumping over the rope.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>
Wed.	<p>Hopping</p> <p>5 minute warm-up.</p> <p>Encourage the children to practiced hopping like a frog around the gym.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility and focus.</p>	<p>Trains</p> <p>5 minute warm-up.</p> <p>Students will march in trains to music.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Trains</p> <p>5 minute warm-up.</p> <p>Students will march in trains to music.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Stop and Balance</p> <p>5 minute warm-up.</p> <p>Students will explore different ways to move about the space and to stop in different balanced positions.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility and focus.</p>	<p>Stop and Balance</p> <p>5 minute warm-up.</p> <p>Students will explore different ways to move about the space and to stop in different balanced positions.</p> <p>5 minute cool down.</p> <p>Obj. - Improve flexibility and focus.</p>

Thurs.	<p>Dance Party</p> <p>5 minute warm-up.</p> <p>Encourage the children to have a dance party.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Tricycle Race</p> <p>5 minute warm-up.</p> <p>The children will have a tricycle race.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Tricycle Race</p> <p>5 minute warm-up.</p> <p>The children will have a tricycle race.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Tricycle Race</p> <p>5 minute warm-up.</p> <p>The children will have a tricycle race.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Tricycle Race</p> <p>5 minute warm-up.</p> <p>The children will have a tricycle race.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>
Fri.	<p>Simon says</p> <p>5 minute warm-up.</p> <p>Encourage the children to take turns and play Simon Says.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Simon says</p> <p>5 minute warm-up.</p> <p>Encourage the children to take turns and play Simon Says.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Simon says</p> <p>5 minute warm-up.</p> <p>Encourage the children to take turns and play Simon Says.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Simon says</p> <p>5 minute warm-up.</p> <p>Encourage the children to take turns and play Simon Says.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>	<p>Simon says</p> <p>5 minute warm-up.</p> <p>Encourage the children to take turns and play Simon Says.</p> <p>5 minute cool down.</p> <p>Obj. – Gross Motor Skills</p>