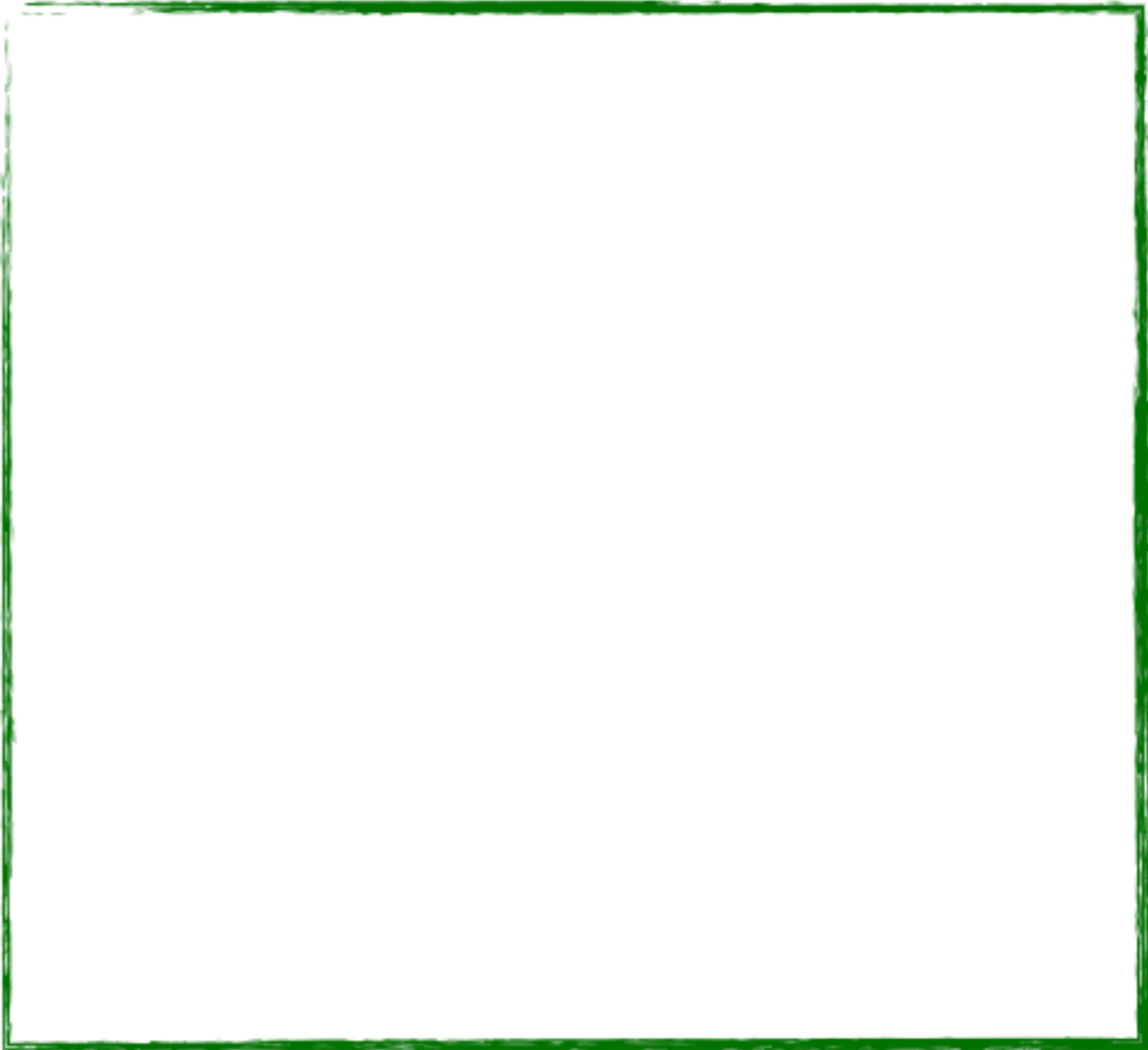


SOGO Squirts Week 26

Z is for Zip, Zap, Zoom!

Drawing Challenge

We love having zipping around the parks we run in. Draw somewhere you love to zip around. Try adding items that start with a "z" sound.



Writing Challenge

Trace the words below! Then cut them out, we will use them in the next activity.

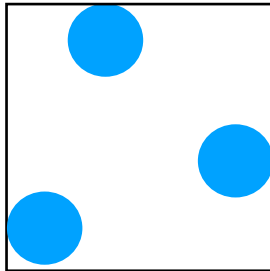
ZIP

ZAP

ZOOM

Running Challenge

Lets get running! Put the 3 words you just cut out up around your yard. Make sure they are far apart, use the square below as an idea of where to put them. We are going to use this for speed and endurance (2 of our SOGO stations).



Speed Challenge

Have a grown up call out the different words, run as fast as you can to those words.

Endurance Challenge

Practice endurance! Endurance is our ability to run for a long time without getting tired. To do this we work on pace setting. Pace setting means we try to set our speed so that we don't get super tired. One way to pace set is to run the same course over and over and try to take the same amount of time each loop. See if you can run from zip to zap to zoom 4 times, with each loop taking you the same amount of time. When you get to each word say it or shout it out loud. You can have a parent time how long each lap takes. Try running it from zoom to zap to zip.

Movement Song

<https://youtu.be/AjHMDo-N7E8>