



# Spring 2020 SOGO@HOME Adventure

## Week 10 - Info sheet for Parents

### J is for Jump

This page contains the lesson plans and goals for “Week 10: J if for Jump journal page. You will find the goals included in this page. If you have any questions please email us at [squirts@sogoadventurerunning.com](mailto:squirts@sogoadventurerunning.com)

## Drawing Challenge

Using our fine motor skills, we are practicing using our pincher grip (holding the pencil properly). We are building the muscles in our hands that we use for holding things, tying our shoes, cutting with scissors and writing among other daily tasks. This activity helps develop memory and recall skills. Encourage your child to draw the habitat of where their animal lives. You can discuss what a habitat is and why it is important.

## Jumping Challenge

Practicing fine motor skills by drawing with chalk or using tape to create a hopscotch image on the ground. Painters tape or masking tape work nicely indoors. Chalk is great for outside.

Help kids measure squares or spaces that are an even size. This is a great opportunity to work on foundational math skills. When we teach measurement we start by using unconventional tools to help us measure (think about using a string that doesn't have numbers, or megablocks). This is valuable to set the foundations of measurement as it helps children visualize the object having the same length in all situations. It is also helpful as it doesn't overwhelm them with numbers, units and new tools (think of how a measuring tape using multiple units and has fractions and/or decimals). As they get comfortable measuring with unconventional tools then you can starting using rulers to add the next step onto measurement.

Using gross motor skills jump or hop through your hopscotch.

Hop the whole way on both feet. Hop the whole way on just one foot, then try the other foot! This is a tricky way to jump. If you want to challenge yourself, throw a coin onto one of the hop scotch squares and hop the whole way but skip the square your coin landed on.

# Animal Challenge

Fine motor skills. We are practicing our pincher grip (hold the pencil properly using your thumb and fingers to pinch the pencil). This helps build writing muscles and develop stamina. We are also using our memory in this activity, as we recall animals that jump or hop. If your family wants to do more research check out National Geographic Kids for more animals that jump or hop, they have some great videos and activities.

Animals that hop or jump (suggestions but we know you might have some we didn't think of)

- frogs
- deer
- rabbits
- kangaroo
- grasshopper
- cricket
- jumping spider
- klipspringer
- kangaroo rat
- goats
- cats
- large cats like lions and tigers

# Animal Tag

Working on our balance and spatial awareness, play animal tag. Try to move on all fours (hands and feet) as a cat, or on just your hind legs if you are a kangaroo. Choose someone to be "it" this person is going to be the predator (like a lion or tiger). Everyone else is going to be the prey (the animal that the lion or tiger would eat). When the predator catches you become the predator and they become the prey. Make sure you run and jump the way your animal does. Have fun by making the sounds that your animal would make!

# Jumping Beans Challenge!

In this game we are going to pretend to be different kinds of beans. One person (the adult should go first) is going to call out the different names of beans and everyone is going to move around the room like that kind of bean.

Set a safe game area where the floor is clear. Have everyone stand still like a dry bean. Call out the type of bean from the list below. To make this more random you can print the list, cut the squares apart and pull them from a hat.

Practicing our fine motor skills we are using our pincher grip to decorate the beans. You can decorate them like the beans called in the game. Use your imagination to make them look like people or just colour them your favourite colours. Our imaginations are important and help build problem solving skills.

Jumping Bean: Jump with feet together around your play space	Bean Sprouts: Stand on Tip toes
Running Bean: Run on the spot.	String Bean: Pretend to play the violin
Baked Bean: Lay on the floor in a star	Black-eye Bean: Stand on one spot and shadow box
Chilli Bean: Pretend to shiver	French Bean: Strike a pose and say "oo la la"
Frozen Bean: Stand as still as you can	Kidney Bean: Bend at the waist (your kidney) and touch your toes
Old Bean: Walk around like your 100 years old	Magic Bean: Pretend to wave a magic wand
Spring Bean: Get low and jump as high as you can	Bean Bag: Pretend to be a bean bag being tossed in the air (Jump up and land, laying flat on the ground)
Jelly Bean: Lay on your belly and jiggle	Full of Beans: Dance around the space