



Spring 2020 SOGO@HOME Adventure

Week 13 - Info sheet for Parents

M is for Move

This page contains the lesson plans and goals for “Week 13: M is for Move journal page. You will find the goals included in this page. If you have any questions please email us at 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.

Move in Different Ways!

We are using our gross motor skills to move our bodies and raise our heart rates in this activity. Call out different animals and have your child(ren) move and sound like those animals. If you want to make this more challenging, give them a place to start and finish, such as starting at the couch and finish at the door. Try calling out the names of the animals faster, this helps us practice our listening skills and works on focus. You don't need to call them out in order, so have fun mixing up which animals you call.

- Move like a snake (wiggle on tummies on the floor)
- Move like a bear (walk on all fours)
- Move like a frog (get down on haunches and hop)
- Move like a kangaroo (take big leaps with arms in front of chest)
- Move like an elephant (with heavy stomping)
- Move like a penguin (waddle with ankles close together and arms pinned to sides)
- Move like a bird (run with arms outstretched)

Adventure Walk!

In this activity we are using our gross motor skills to move our bodies as we walk through our neighbourhoods. You could expand this challenge by visiting a local nature park. We are using our memory by noticing and remembering the things we see that start with the letter “M”.

We are using our fine motor skills by holding the pencil or crayon properly (with pincher grip). We are also practicing our early literacy skills by making the sounds of the letter “M” and by sounding out words. Don’t worry if the words are not spelled properly, in early literacy we focus on the sounds we hear and the idea of writing. We are building stamina in our writing/drawing.

Move Song

Here is a fun song to keep moving. This song gets kids to use their locomotive skills as and adds on previous skills. Jack Hartman sings this fun silly traditional camp song.

https://www.youtube.com/watch?v=ea4TVg0_8Dk

Looking for more music to add to your at home movement and games?

Check out “The Little Gym” CD collection at the Calgary Public Library! All of the songs on the “The Little Gym” CDs are movement based and lively to get kids up and moving.