



# Spring 2020 SOGO@HOME Adventure

## Week 17 - Info sheet for Parents

### Q is for Quick

This page contains the lesson plans and goals for “Week 17: Q is for Quick 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)

#### **Q Maze**

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.

#### **Q Neighbourhood Challenge**

In this activity we are practicing our gross motor and locomotive skills through quick walking. See how fast you can walk without running!

Take a tally of all the letter Q;s you can find on your street. Look at houses, cars, street signs etc. Remind your child(ren) not to touch the letters, but to put a tally mark on the page to count how many they have found. Tally marks are building on a concept we have used in multiple previous lessons, so they should be able to tell you how to keep a tally. Remember that we put 4 ticks in a row, with one long tick across those 4 to make 5.

#### **Q Sprints**

In this activity we are practicing our speed. Talk about what it means to sprint, ask when do we sprint in our day to day lives? Give some examples, running to play with a friend, or to hug a grandparent, to catch people in tag, catching an escaped pet, catching garbage thats blowing away in the wind, etc.

Have the kids set up and take down the cones/stuffies, this is counting practice. Time your child(ren) while they sprint between the cones or stuffies. See if they can get faster. Talk about if they feel like they are getting faster or slower, and why that might be (fatigue). What can we do to keep our bodies fast? Practice.