



Lesson Plan

Theme: Sports

Day: 1

Module	Activity
Circle Time	What are Sports?
Letters & Numbers	
Worship Time	
Art & Science	Football Art

Circle Time

Review - Start your preschool day with Circle Time and sing the "I Can Sit Down" song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the "Hi There" song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
Hi there, so glad you're here.
Hi there, so glad you're here.*

One two three let's give a cheer. Yay

Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then there's Saturday.
Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: What are Sports?

Tell the children that this week we are going to learn about sports. Ask the children what they think sports are? Does anyone play a sport? What are your favorite sports to watch or play? (You can choose to write down the children's answers, so they can come back later and see their response.) Once the children respond to these questions, tell the children that a sport is an activity that involves hard work, energy, skills, and doing a sport is a type of exercise. Sports can be played as an individual or as a team; they also involve competing against others.

Next, show the children photos of different sports such as: soccer, football, track and field, gymnastics, golf, baseball, basketball, lacrosse and any other sport you'd like to have a picture of. From what you have discussed above now talk about where these sports are played and a little bit about how these sports are played. Show the children the pictures and talk about playing on grass, playing on a court, in sand etc. You can even talk about the uniforms, pads and shoes that athletes need to wear and why they need to wear them.

Skills

- Math & Counting: Color recognition with the colors in the pictures shown
- Language: Increasing expressive language and vocabulary skills as they are learning new information about sports and talking with one another
- Physical: Observation skills as children are looking at the pictures
- Cognitive: Increasing observation skills with what they are seeing and talking about what they are seeing in the pictures and the video
- Concept development of shapes and sizes with the elephants
- Social: While children are interacting with each other and with adults they are building their social skills
- Public speaking skills as children are taking turns speaking.

Materials

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- - Photos of different sports

Extra Content

http://www.youtube.com/watch?v=f_wkzawHg3A

Letters & Numbers

Activity Description – Letters:

Skills

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Materials

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Worship Time

Activity Description:

Skills

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Materials

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Art & Science

Activity Description – Art: Football Art

Provide your child with a [cutout of a football](#) on printer paper or have the child cut out the football (outline of the football can be found [here](#) or under Art Patterns at www.cullensabcs.com). Next, give the child a long piece of painters tape to go through the (horizontally) middle of the football (the tape is going to be the lacing on the football). Next, give the child four small pieces of tape to piece vertical over the long piece of tape the child just laid down. Now, encourage the child to paint all the white spots on the football with the color brown. Once the child is done painting, allow the artwork to dry. After its dry, have your child help you remove the tape to reveal the lacing on the football.

Skills

- Math & Counting: Color recognition with the colors being used
- Physical: Children are using their fine motor skills and strengthening the muscles in the hands as they are holding the paintbrush and painting with it
- Social: While children are interacting with each other and with adults they are building their social skills

Materials

- - Painters tape
 - Bowl
 - Scissors
 - Printer paper
 - Paintbrushes
 - Paint

Extra Content

<http://www.youtube.com/watch?v=F1jX0VRIacE>

Theme: Sports

Day: 2

Module	Activity
Circle Time	Basic Stretching
Letters & Numbers	

Worship Time	
Art & Science	Golf ball Painting

Circle Time

Review – Start your preschool day with Circle Time and sing the “I Can Sit Down” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
Hi there, so glad you're here.
Hi there, so glad you're here.
One two three let's give a cheer. Yay*

Next do your Special Help activity.

Look at the calendar and sing the “Days of the Week” song. (Tune of the “Adams Family”)

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then there's Saturday.
Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: Basic Stretching

Talk to the children about the basic concept that our body moves with the help of muscles. Ask the children what can we do to help our muscles? We can eat healthy foods. We can also stretch our muscle before and after we have been active so that the muscles don't get strained. Do a few basic stretches with the children and repeat them throughout the day. (Example: Have the children stand up straight. Tell the children to raise their arms high and stretch them to touch the sky. Then tell the children reach down low to touch the floor.)

Let the children know that along with stretching comes exercise. So, once the children are done stretching and their bodies have warmed up. Do a couple jumping jacks with the children.

Skills

- Language: Increasing expressive language and vocabulary skills as they are learning about ways they can take care of their bodies
- Physical: Fine and large motor skills as children are stretching their bodies
- Cognitive: Following directions
- Social: While children are interacting with each other and with adults they are building their social skills
- Public speaking skills as children are taking turns speaking.

Materials

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Music & Movement

http://www.youtube.com/watch?v=jEG_zuvGlo0

Letters & Numbers

Activity Description – Letters:

Skills

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Materials

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Worship Time

Activity Description:

Skills

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Materials

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Art & Science

Activity Description – Art: Golf ball Painting

We are learning about sports this week and since golf is a sport I thought it would be fun to paint with golf balls. You can watch this [Golf ball painting](#) video to see how it's done and what materials you will need. Children can use any color construction paper put into their box or you can cut out a [circle](#) to be used as a large golf ball. You can cut out the circle or have your child cut out their own circle. Cutting is a great skill for children and even if it doesn't look like a circle when they are done cutting they have had the experience of using scissors. As children roll golf balls through the paint it will leave the print from the golf ball onto their paper.

Provide the children with a piece of printer paper taped inside a box (can use a shoe box or gift box). Have the children squeeze a small amount of two or three colors of paint on the paper. Place about three golf balls into the box. Now, allow the children to move the box back and forth and shake the box to have the golf balls move through the paint and throughout the box. While the children are doing this activity talk about what the golf balls look like, the colors that are being made and what is happening when the golf balls are moving around.

Skills

- Math & Counting: Color recognition with the colors of paint or construction paper being used
- Language: Increasing expressive language skills with the conversations they are having with each other
- Physical: Children are strengthening the muscles in their hands as they are using their fine motor and gross motor skills to move the box and golf balls around
- Hand-eye coordination when moving the box and golf balls around
- Cognitive: Increasing observation skills with what they are seeing and talking about with the paint and golf balls
- Emotional:
- Social: While children are interacting with each other and with adults they are building their social skills

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Materials

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- Box
- Golf balls
- Paper
- Tape
- Paint
- Plastic wrap

Prep Video

http://www.youtube.com/watch?v=VMUfM_inLg4

Theme: Sports

Day: 3

Module	Activity
Circle Time	Balls in Sports
Letters & Numbers	
Worship Time	
Art & Science	Soccer ball

Circle Time

Review – Start your preschool day with Circle Time and sing the “I Can Sit Down” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
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Hi there, so glad you're here.
Hi there, so glad you're here.
Hi there, so glad you're here.*

One two three let's give a cheer. Yay

Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then there's Saturday.
Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: Balls in Sports

Talk to the children about different kinds of balls the children see in sports and discuss together why these balls are shaped and made the way they are made. (For example, a football is shaped in a way that will allow it to soar in the sky and travel a good distance. A basketball is made to bounce and dribble. Soccer ball is round so it can move quickly over the grass.)

Next, give the children a soccer ball and have each child pick a partner (or you could be the partner). Now, have one child dribble the soccer ball for about 15 seconds, while the other child counts the dribbles. Once the child is done dribbling, the child with the ball passes/bounces the ball to their partner and the game starts again.

Lastly, show the children a football. Talk to the children about the shape of the ball and ask if they think it is made to bounce. Now, have the children try to bounce the ball. They will see that since the ball is not a round shape it is unpredictable in the way it bounces.

Skills

- Math & Counting: Color recognition with the colors of balls being shown, Children are working on counting
- Language: Increasing expressive language and vocabulary skills as they are learning new information about balls and talking with one another
- Physical: Children are working on their gross motor skills as they are kicking and throwing balls, Children are working on many hand-eye coordination skills
- Cognitive: Increasing observation skills with what they are doing, seeing and talking about what they are seeing in the pictures and the video
- Concept development of shapes and sizes with the balls
- Social: While children are interacting with each other and with adults they are building their social skills
- Public speaking skills as children are taking turns speaking.

Materials

- - Soccer ball
 - Football

Letters & Numbers

Activity Description – Letters:

Skills

-

Materials

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Worship Time

Activity Description:

Skills

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Materials

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Art & Science

Activity Description – Art: Soccer ball

Begin this activity by going to google images and getting an image of a octagon. Print out a photo of the octagon and cut it out. Next, you will want to trace the octagon shape onto a sponge using a permanent marker. Now, cut out the octagon shape in the sponge. Provide your child with a cutout of a [circle](#) on white construction paper or have the child cut out the circle to practice their fine motor muscles. Lastly, give your child a bowl with black (you could also have other colors of

paint) paint and the octagon sponge. Have the children use the sponge in the black paint and then make the shape on the white paper to make a soccer ball. It helps if the sponge is damp but not too wet.

Skills

- Math & Counting: Color recognition with the colors of paper and paint
- Language: Increasing expressive language skills as they are learning about having conversations they are having with each other
- Physical: Children are strengthening the muscles in their hands as they are using their fine motor skills to pick up the sponge and press it into the paint and onto their paper
- They are also working on their fine motor skills as they are cutting with scissors
- Social: While children are interacting with each other and with adults they are building their social skills
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Materials

- - White paper
 - Black paint
 - Sponge
 - Bow
 - Scissors
 - Permanent marker

Prep Video

<http://www.youtube.com/watch?v=tCKhDh-qlD4>