

5 YEAR OLD

Week

15

Smart Activities



SMART CHOICE. SMARTER CHILD.®

How to Play Soccer

Materials: internet access, website:

https://youtu.be/H5BwLrYV_4A

Preparation: Preview video.

Instructions:

1. Say to your child, "We are going on a virtual field trip to learn about soccer!"
2. Ask questions about the video, ex: "Who is the only player that can touch the ball with their hands?" "Which position is responsible for scoring goals?"



Goal!

by Sean Taylor

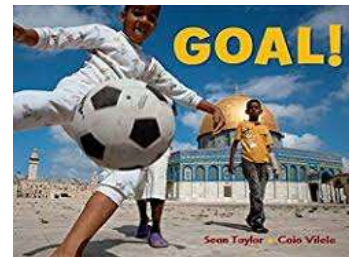
Materials: internet access,

<https://youtu.be/51JJK6hYaX0>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about the international game of soccer.
2. Ask questions about the story, ex: "What is the skill when you trick a defender called?" "What items can be used to make goalpost?"



Soccer Drawing

Materials: crayons, markers, paint, paintbrush, paper

Preparation: Gather materials.

Instructions:

1. Say, "We are going to illustrate a picture of you playing soccer!"
2. Discuss soccer with your child.
3. Encourage your child to utilize materials and create a soccer drawing!



Playing Soccer

Materials: soccer ball or rubber ball

Preparation: Gather materials.

Instructions:

1. Encourage your child to join you.
2. Give your child the ball and encourage him/her to kick the ball.
3. Then, have your child try to dribble it between his/her feet by touching the ball to each foot as he/she moves forward.



All About Basketball

Materials: internet access, website:

<https://youtu.be/iOb8d7ddqLY>

Preparation: Preview video.

Instructions:

1. Say to your child, "We are going on a virtual field trip to learn about basketball!"
2. Ask questions about the video. ex: "What is used to tell us how much time we have to shoot the ball?" "Which position is responsible for scoring goals?" "What is a key skill to have when you want to give the ball to a teammate?"



The Basketball

by Stephen Chang

Materials: internet access,

<https://youtu.be/UVdBRaTb4CA>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about basketball.
2. Ask questions about the story, ex: "What should you do to get better playing basketball?" "What is it called when you pass the ball to a teammate who scores?"



Making Baskets!

Materials: basket/bin, ball or socks (rolled up)

Preparation: Find or create an open area. Gather materials.

Instructions:

1. Say, "We are going to play basketball!"
2. Place basket/bin on one side of the area.
3. Encourage your child to shoot the ball into the basket from different spots. Challenge him/her by moving the basket further away.
4. Enhance the activity by playing defense against your child to make shots more challenging.



Basketball Drill

Materials: tape

Preparation: Find or create an open area indoors or outside. Take four pieces/strips of tape and place at various distances. Use another piece of tape for the start line.

Instructions:

1. Encourage your child to join you.
2. Say, "We are going to do a basketball drill."
3. Tell your child to run to the first strip of tape, touch it, and run back to the start line. Then, run to the second strip of tape and run back to the start line. Continue the activity until your child touches all four strips of tape. Model if necessary.
4. Continue activity if interest remains.



Miniature Golf

Materials: internet access, website:

<https://youtu.be/sa3Tt2olqx0>

Preparation: Preview video.

Instructions:

1. Say to your child, "We are going on a virtual field trip to learn about miniature golf!"
2. Ask questions about the video, ex: "What equipment do you need to play miniature golf?" "What is used to keep score?"



History of Mini Golf

Materials: internet access, website:

<https://youtu.be/b4tkmy5WaWA>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Ask questions about the story, ex: "How did miniature golf begin?" "When were obstacles introduced into miniature golf?"



Matching Colors

Materials: Golf Ball Colors Template

Preparation: Print and cut apart cards.

Instructions:

1. Encourage your child to join you.
2. Show him/her the game cards. Say, "You are going to match the golf ball with the correct color word."
3. Help your child read all the color words before beginning the matching.



Indoor Golf

Materials: cardboard box, scissors, marker, paper, balls (golf, tennis), broom or stick

Preparation: Cut holes in the box, put numbers on box, and gather balls and broom or hitting stick.

Instructions:

1. Encourage your child to join you.
2. Show your child the game and encourage him/her to try and hit the balls into the holes.
3. Help your child keep score.



Fun Facts About Tennis

Materials: internet access, website:

<https://youtu.be/tcd6HxOQcbo>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Ask questions about the video, ex: "Why does the umpire sit in a high position?" "At which event do people eat a lot of strawberries?"



Anyone for Tennis?

by Shane McG

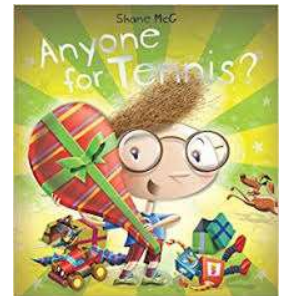
Materials: internet access, website:

<https://youtu.be/S7mvs3IJSWY>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions after the story, ex: "What did Tom get for his birthday?" "What is a racquet for?" "What happened when he went to play tennis?"



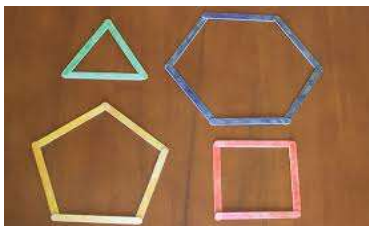
Popsicle Stick Shapes

Materials: pencil, popsicle sticks, Shape Recording template

Preparation: Print template and gather materials.

Instructions:

1. Encourage your child to join you.
2. Say, "We are going to use popsicle sticks to create shapes."
3. Utilize template to record information.



Fly Swatter Tennis

Materials: balloon, fly swatter

Preparation: Gather materials and blow up balloons.

Instructions:

1. Encourage your child to join you.
2. Show him/her the fly swatter and balloon.
3. Encourage your child to hit the balloon with the fly swatter and keep it in the air as long as possible. This is great for eye-hand coordination.



Bowling Mania

Materials: internet access, website:

https://youtu.be/XqKH_BxNUbM

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Ask questions about the video., ex: "What is the first thing you get at the bowling alley?" "How do you determine the weight of the bowling ball you use?" "Why is it important not to cross the foul line when bowling?"



Mitchel Goes Bowling

by Hallie Durand

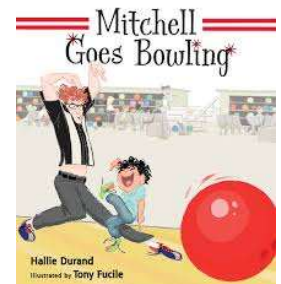
Materials: internet access, website:

<https://youtu.be/skeFVikg6tc>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Watch and read the book together.
3. After watching, ask questions, ex: "What did Mitchell get to type in?" "What happened when Mitchell kicked his leg?" "What happened when he and his dad were on the same team?"



Rolling Experiment

Materials: ball, block, bottle, can, car, tape roll, utensil, boards for ramp, keys, pencil, eggs (plastic), etc.

Preparation: Gather materials: rolling and non-rolling.

Instructions:

1. Encourage your child to join you.
2. Talk to him/her about what makes an object roll.
3. Then, encourage your child to hypothesize on each object and try each one.
4. Praise your child for experimenting.



Strike!

Materials: 10 plastic bottles (i.e. soda or water) or cans (i.e. soda, chip cans), ball, tape, paper


Preparation: Gather materials and set up bowling pins. Number the pins 1-10.

Instructions:

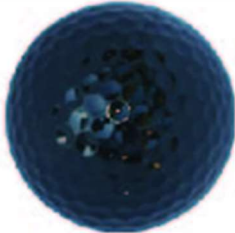
1. Talk to your child about what he/she has learned about bowling.
2. Encourage him/her to take the bowl and roll it to knock down the pins.
3. As your child knocks down the pins, have him/her identify the numbers.



Golf Ball Colors

	Blue
	Green
	Pink
	Red
	Orange
	Yellow

Golf Ball Colors

	Black
	White
	Purple
	Gold
	Silver

Shape	Name of Shape	Number of sticks used		Shape	Name of Shape	Number of sticks used
