

PRESCHOOL

Week

12

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Soccer Video

Materials: internet access, website:
https://www.youtube.com/watch?v=H5BwLrYV_4A

Preparation: Preview soccer video.

Instructions:

1. Watch video with your child.
2. Ask your child, "Why do we not use our hands in soccer? How do we win?"



Maisy Plays Soccer

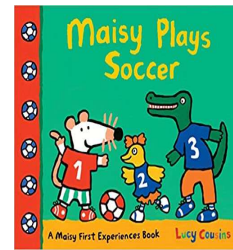
by Lucy Cousins

Materials: internet access, website:
https://www.youtube.com/watch?v=BJvZKACh9_w

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, such as "Does it matter who wins?" "What was your favorite part of the soccer game?"



Goalie

Materials: balls (soft, such as beach ball), umbrella

Prep: Use the corner of a building outdoors or an open umbrella as the soccer net.

Instructions:

1. Ask your child to keep the balls from scoring as he/she plays goalie. When a soccer ball goes into the goal, the team scores. The goalie's job is to block balls from going into the goal.
2. Your child will stand or sit in front of the goal. If a ball gets past him/her, the other team scores. Goalies may use any part of their body.
3. Model how to block balls.



Crab Walk

Instructions:

1. Ask your child to sit on floor and then, try to walk like a crab using arms and feet with tummy up.
2. Crab walk helps tone muscles, so it is good exercise for soccer players.
3. Ask, "Why do you think it is called 'Crab walk?'" "How far can we go?"



Baseball Video

Materials: internet access, website:

<https://www.youtube.com/watch?v=LjY9Z02OhR4>

Preparation: Preview video.

Instructions:

1. Watch this six-minute video with your child about baseball.
2. Ask your child questions about shapes at the baseball field and other related questions, ex: "What was your favorite part?" "Can you create your own mascot?"



Pete the Cat

by James Dean

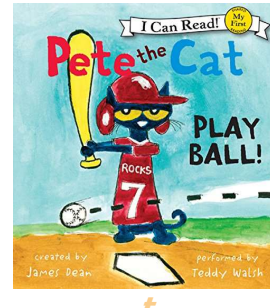
Materials: internet access, website:

<https://youtu.be/T6JBRZt1T5E>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions, such as "How did he get to first base?" "What was your favorite part of the book?"



Diamond

Materials: used rugs or used towels for bases, cardboard tube for bat, ball (soft, such as beach ball or tennis ball)

Instructions:

1. Encourage your child to help you place makeshift "bases" outdoors in the shape of a diamond.
2. Start at "Homeplate." Then, count **one** as you place first base, **two** for second base, **three** for third base, and then, **four** for a return to home.
3. Ask some questions, such as "Does it matter if we win?" "How can everyone play?"



Pigs in a Blanket

Materials: hotdogs, crescent rolls, oven

Preparation: Preheat oven according to package directions.

Instructions:

1. Ask your child to count hotdogs for the family. Explain "pigs in a blanket" is a hotdog rolled in bread.
2. Ask your child to help set the timer, so we will know when the meal is done.
3. Ask if your family wants condiments (ketchup and/or mustard) on their hotdog.
4. Enjoy your baseball meal together!



Basketball Video

Materials: internet access, website:

<https://www.youtube.com/watch?v=iOb8d7ddqLY>

Preparation: Preview video.

Instructions:

1. Watch video with your child about basketball vocabulary.
2. Ask your child, why do we play basketball in teams? Why do we want to win?"



Let's Play Basketball

by Charles Smith Jr.

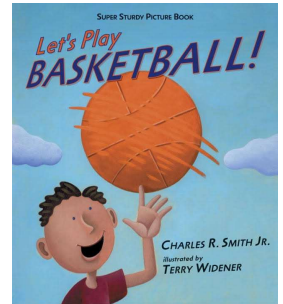
Materials: internet access, website:

https://www.youtube.com/watch?v=P3_iI7rvcmk

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child about basketball.
2. Ask questions related to the story, such as "Why play outdoors?" "What was your favorite part of the book?"



Points

Materials: sidewalk chalk, yardstick, bucket, ball

Instructions:

1. Encourage your child to draw lines for the basketball court in a driveway or other open area.
2. Ask your child to help you draw straight lines for the foul line. Players shoot the foul shot when another player breaks a rule.
3. Decide together on the two-point foul line then an outer semi-circle for three points. Toss the ball into the bucket.
4. Enjoy keeping score together!



Dunking

Materials: hamper, balls or clothes

Instructions:

1. Ask your child to dunk the balls or clothes into the clothes hamper by slamming/dunking them into the container.
2. This activity helps with coordination.
3. Cheer each time your child scores!



Olympics Video

Materials: internet access, website:

<https://www.youtube.com/watch?v=nUGX9zQg2rs>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask your child their favorite Olympic sport? "Why would athletes compete in the Olympics? Is it important to win?"



Goodnight Football

by Michael Dahl

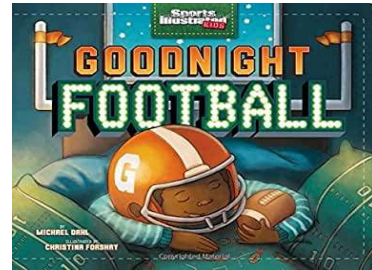
Materials: internet access, website:

<https://www.youtube.com/watch?v=IytEV4eggKE>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child about football.
2. Ask questions, such as "What was your favorite part of the book?" "Can we dream of sports?"



Huddle Up

Instructions:

1. Encourage your child to help create a family huddle.
2. Gather together to cheer each other or express gratitude.
3. Ask, "What's your favorite thing about our family?" "What can we do to be a better team?"



Touchdown Dance

Materials: music (optional)

Instructions:

1. Ask your child to create a touchdown or celebration dance move.
2. Model an example of celebration moves, such as spiking the ball.
3. Ask your child if you may film his/her Touchdown Dance then share the video clip with extended family.
4. We are winners!

Golf Video

Materials: internet access, website:
<https://www.youtube.com/watch?v=yYNrKVqoX1o>

Preparation: Preview video.

Instructions:

1. Watch one-minute video with your child about toddler golf.
2. Ask your child, "When should we start sports?" "Does the swing matter in golf?"



My First Golf Book

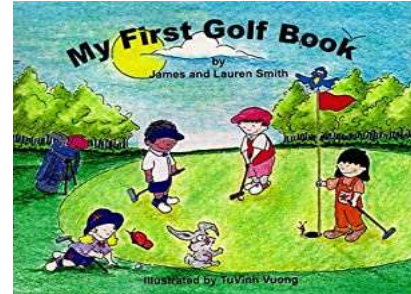
by James and Lauren Smith

Materials: internet access, website:
<https://www.youtube.com/watch?v=LA23QBMJJVg>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, such as "What did you like?" "Did you find the rabbit on each page?" If not, view it again.



Concessions

Materials: post-its, markers, snacks, baggies, internet access, shoebox for cash register, apron, poster boards

Prep: View a grocery website to guide your pricing.

Instructions:

1. Help create a concession stand for our next ballgame for participants to purchase snacks.
2. Discuss which snacks to serve and pricing. Should we do healthy choices?
3. Create poster to display prices.
4. Create nametags and cash register/shoebox.
5. Ask, "Should we charge more?" "Is our time valuable?"



Rhyme Time

Instructions:

1. Ask your child to create rhymes to help cheer on our team for the next ballgame.
2. Let's name words that rhyme to help create our cheer. "Team" rhymes with dream.
3. Let's get creative as we take time to rhyme for our dream team!
4. Rhyming is a step toward literacy.

