

Preschooler Swinging, Spinning and Rocking

Dates

| <u>Activities</u> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Rowboat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1 | |
| Ring Around the Rosey | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Three Times Around | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Listen Listen Listen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spinning Statue Freeze | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rock the Boat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rocking Chair | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wash the Dishes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rockin' Rolls | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Merry-Go-Round | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 60 Mins. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Г |
| Structured Daily | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Physical Activity | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 60 minutes Unstructured Physical Activity Minimal Rules (not ready for organized sport) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Learning and Refining Foundational Skills | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Comments: | |
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