PATTERN FITNESS 2.0

Directions: Complete the pattern by performing only the exercises that are missing and marked with a "?".

- 20 squats
- 30 second straddle stretch
- 20 squats
- 30 second straddle stretch
- 30 jumping jacks
- 30 jumping jacks
- 20 mountain climbers
- 30 jumping jacks
- 20 mountain climbers
- 20 jumps in the air
- 20 second straight leg stretch
- 20 jumps in the air
- 20 second straight leg stretch
- 30 second butterfly stretch
- Balance on one foot for 30 seconds
- 30 second butterfly stretch
- Balance on one foot for 30 seconds
- 30 second butterfly stretch
- ?

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Think & Talk:

What's your favorite way to move?

Me in Motion
Coco Sargeant

Cats sleep.

Dolphins swim.

I can run, too!
I can sleep, too. Goodnight!

Cheetahs run.

I can swim, too!

Kangaroos jump.

I can jump, too!
Ideas on how to use the attached book

• Help your child cut out the book and fold it in the correct order
• Read the book to your child
• Have your child retell the book to you by using the pictures to help
• Have your child circle all the letter “h” they can find
• Ask your child to point to a word in the book
• Ask your child to point to a letter in the book
• Ask your child to point to a picture in the book
• Ask your child to show you where the cover of the book is
Ten Frame

Try some of the below ideas to help your child practice numbers and counting with a Ten Frame.

• Put 10 of the same, small object in each square of the attached ten frame squares. You could use cotton balls, dry macaroni noodles, jelly beans, rocks, toy cars, etc.

• Take some objects away and ask your child, “How many more we you need to make 10?”

• Have your child cover their eyes and put 5 items on the top of the ten frame, leave 5 spots open on the bottom. Then, cover the frame with a cloth. Have your child open their eyes and take the cloth off. Give your child just a few seconds to see how many objects there are before covering it up the ten frame again. Try this with other numbers.
Hattie Horse says, “Look outside. Hunt for every H I hide. Find an H and win a ride. Wear your H with pride!”

Hattie Horse is the alphafriend for the letter H

- Help your child sing the Hattie Horse song (above) we sing at school.
- Your child can color or decorate the letters, or trace them with their finger.
- Look for the letter H around the house together—on cereal boxes, or magazines.
- Help your child think of one word that starts with the same sound as the word HORSE.
Bedtime Routine

Going to bed can be difficult for young children. Doing things the same way every day (having a routine) helps preschoolers know what to expect and to settle down more quickly. At school we use routines and pictures to help children know what comes next.

Here are some suggestions that may help your child go to bed:

- Let her know it will soon be time for bed, instead of swooping down on her with an abrupt, "Time for bed." Say, "When we have finished this TV show or game, it will be time to put your pajamas on."
- Make the process of getting ready for bed relaxed and fun. Pick a bedtime song to sing together every night. Turn off the TV and read a book or two.
- Make a schedule with pictures of the steps leading up to bedtime. Then you can point to the schedule and ask your child what comes next.
- Choose a regular bedtime and stick to it! Your preschooler needs a good night's sleep to have a great day at school!

*The child symbol means this activity helps children meet a preschool social-emotional goal.

Parents are partners! Please share your observations of your child’s learning and development with us.

Cómo ayudar a su niño a prepararse para ir al Kinder

Tiempo para Padres e Hijos juntos (PACT-Time) Tips para la casa

Rutina para ir a la cama

Ir a la cama a dormir puede ser muy difícil para los niños pequeños. Si hacemos lo mismo todos los días (tener una rutina) ayuda a los niños de edad preescolar a saber que esperar y establecer una rutina rápidamente. En la escuela utilizamos rutinas y fotos para ayudar a los niños a saber lo que viene después.

Aquí hay algunas sugerencias que pueden ayudarle a su niño para irse a la cama;

- **Dígale con anticipación que es hora de ir a la cama en lugar de decirle abruptamente “es tiempo de irte a la cama”**, decirle por ejemplo “cuando terminemos de ver el programa en la t.v., o terminemos el juego, te pones tu pijama”
- Hacer el proceso para ir a la cama divertido y relajado. Escojan una canción y canten juntos antes de ir a la cama cada noche. Apagar la TV y leer una o dos libros.
- Haga una rutina con fotos acerca de los pasos a seguir antes de ir a la cama. Cuando le señale el siguiente paso y vean la rutina pregúntele a su niño qué es lo que viene después.
- **Escoja un horario para ir a la cama y sea consistente! Su niño necesita una buena noche de sueño para tener un gran día en la escuela!!**

*El símbolo del niño significa que esta actividad ayuda a los niños a satisfacer la meta social-emocional de preescolar.

¡Los padres son compañeros! Comparta con nosotros sus observaciones sobre el aprendizaje y el desarrollo de su hijo.
Family Routines

There’s comfort in doing similar things each day and knowing what to expect, which is why children thrive on routines! Create routines to give your child something to look forward to each day as well as a sense of control.

Draw a picture schedule like we use at school, to use at home. You could include things like:

- Meals (breakfast, lunch, dinner, snacks)
- Brushing teeth and bath times
- Music/dancing or other indoor exercise
- Getting dressed
- Play
- Screen time
- Quiet time
- Reading together
- Bedtime

Examples of simple pictures

![Wake up, Get dressed, Eat my breakfast, Take a bath, Brush my teeth, Go to bed]

Rutinas Familiares

Saber qué les espera y hacer cosas similares cada día es reconfortante para los niños y la razón por la cual prosperan en las rutinas. Cree rutinas para los niños, para brindarles algo que anhelar cada día y motivarles el sentido de control.

Dibuje un horario de imágenes como el que usamos en la escuela, para usar en casa. Podría incluir cosas como:

- Comidas (desayuno, almuerzo, cena, meriendas)
- Cepillarse los dientes y bañarse
- Música / baile u otro ejercicio interior
- Vestirse
- Tocar
- Tiempo de pantalla
- Tiempo de silencio
- Leyendo juntos
- Hora de acostarse
Ten Frame
Play Plan Steps

Have your child write a plan before they play. Follow the below steps. When your child writes the message, they will make lines first and then write words on top of the lines. Help your child try to sound out some letters. It is okay if they are not spelled right.

Step 1 Draw a picture  Step 2 Write message  Step 3 Write name
## Pre-k – 1st Grade
### Music

**Please use the menu of options below to engage in music making and exploration!**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Move like a mouse, then move like an elephant.</td>
<td>Ask your family to share their favorite songs with you and explain why it’s their favorite.</td>
</tr>
<tr>
<td>Make a music band:</td>
<td>Play “Glue Dance”: Pretend to “glue” different parts of your body (foot, hand, knee, etc) to the floor and then play some music. Try to dance along to music with body part glued to the floor.</td>
</tr>
<tr>
<td>Make a music band:</td>
<td>Sing a song about birds.</td>
</tr>
<tr>
<td>Make a music band:</td>
<td>Teach your parents, guardians, or siblings the movements to 2 different songs.</td>
</tr>
<tr>
<td>Make a music band:</td>
<td>Listen to a piece of music (anything you want) and draw a picture of what you think it is about or what it made you feel.</td>
</tr>
<tr>
<td>Sing a song about animals.</td>
<td>Create new movements to a song you already know.</td>
</tr>
<tr>
<td>10 minute dance party:</td>
<td>Find an object around your house to use like a drum. Put on some music and play along with the steady beat or rhythm of the song.</td>
</tr>
<tr>
<td>10 minute dance party:</td>
<td>Dance with just one part of your body: finger, elbow, eyebrow, etc.</td>
</tr>
<tr>
<td>10 minute dance party:</td>
<td>Listen to music and march around the room. Freeze in different shapes.</td>
</tr>
<tr>
<td>10 minute dance party:</td>
<td>Explore what makes sound in your house or neighborhood, both inside and outside.</td>
</tr>
</tbody>
</table>
Take a quiet moment to just look. What do you see? What is going on in these pictures? Who do you think these people are or what do they do?

Pay particular attention to facial expression, focal point, body language, setting, clothing, and objects. Compare your observations with others!