

# Preschool/K-Prep

## Movement Matters Activities:



<b>Monday</b>	<p>Warm Up: Stretching</p> <p>Locomotive: 4 corners</p> <p>Balancing: Throw at target</p> <p>Co-ordination: Frog jump</p> <p>Cool down: Yoga</p>
<b>Tuesday</b>	<p>Warm Up: Wiggle Body</p> <p>Locomotive: Shark Game</p> <p>Balancing: Obstacle Course</p> <p>Co-ordination: Lie on back and lift legs</p> <p>Cool down: Stretching</p>
<b>Wednesday</b>	<p>Warm Up: Stretching</p> <p>Locomotive: Run backwards and forwards</p> <p>Balancing: Obstacle Course</p> <p>Co-ordination: Jumping Jacks</p> <p>Cool down: Yoga</p>
<b>Thursday</b>	<p>Warm Up: Wiggle Body</p> <p>Locomotive: Moving Planets</p> <p>Balancing: standing on one foot</p> <p>Co-ordination: Catch a ball</p> <p>Cool down: Stretching</p>
<b>Friday</b>	<p>Warm Up: Stretching</p> <p>Locomotive: 4 Corners</p> <p>Balancing: Stand in a crouched position</p> <p>Co-ordination: Frog Jump</p> <p>Cool down: Yoga</p>