

Summer Adventures

Fun and Fitness



July 2018

Adventure Topic	Monday	Tuesday	Wednesday	Thursday	Friday
(Cooking) Field Trips: Whole Foods Session 5	2 Rainbow Food Skewers Dramatic Play- Grocery Store	3 Making Fruit Smoothies	4 Creating Chewy Fruity Leather and dried fruit	5 Walking Field Trip- Whole Foods Tour	6 Create a classroom cookbook
(Sports) Field Trips: Maggie Daley Park Session 6	9 Warm Ups Hula-hoop ring toss Creating Teams	10 Balls for All Creating "sports" balls	11 Tracking our growth Team Relay Races	12 Obstacle Course Neighborhood Walk to Maggie Daley park	13 Rock Climbing Wall
(Mighty Movements) Session 7	16 Toe To Toe Parachute Fun	17 Yoga Simon Says	18 Dance Party Creative Expressions using items	19 Follow the leader Duck, Duck Goose	20 Movement Grab Bag Family Fitness Hour
(Go for the Gold) Field Trips: Beach Session 8	23 Create a competition area "Olympics" Computer research Olympic	24 Finalizing "Teams" Material on Olympics (books and computer material)	25 Creating Medals Olympic Training Olympic Books	26 Field Trip: Picnic at the Beach	27 World Cup Competition in MMZ

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