

**Sample lesson plan for *The Strawberry Patch***

*Grow It, Try It, Like It!* Booklet 7

**Weekly Group Planning Form, Week of July 10-14**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Question of the Day</b> <ul style="list-style-type: none"> <li>• Discussion</li> <li>• Webbing</li> <li>• Charting</li> <li>• Voting</li> </ul>	<b>A1, p. 2: Mystery Box/Bag Activity:</b> What's This? It's "Berry" Mysterious	<b>B1, p. 8: Growing Activity:</b> Strawberries Start as Seeds	<b>B2, p. 10: Growing Activity:</b> Make a Pretend Strawberry Patch	<b>B3, p. 12: Growing Activity:</b> Plant a Strawberry in a Jar	
<b>Read-Aloud Book Related to the study (C2 Reading Activity, p. 16)</b>	<i>The First Strawberries</i>	<i>Muncha Muncha!</i>	<i>I'm a Seed!</i>	<i>The Surprise Garden</i>	<i>The Ugly Vegetables</i>
<b>Large Group</b> (Songs, Rhymes, Books, Activities, Music & Movement, etc.)	<b>Teach &amp; Report CATCH Class</b> (see below for CATCH lesson suggestions)	<b>Movement Activity:</b> Strawberry Says	<b>C3, p. 18: Movement Activity:</b> Old MacDonald Had a Farm, Strawberry Style	<b>Teach &amp; Report CATCH Class</b> (see below for CATCH lesson suggestions)	<b>p. 24: Movement Activity:</b> Berry Bounce
<b>Small Group Activities Rotated Daily</b> <ul style="list-style-type: none"> <li>• Early Math</li> <li>• Language &amp; Literacy</li> <li>• Science</li> <li>• Creative Art</li> <li>• Dramatic Play</li> </ul>	<b>Craft Activity:</b> Row Markers ( <i>The Basics</i> , p. 33)  <b>A2, p. 4: Tasting Activity:</b> Strawberry—A Look Inside	<b>A3, p. 6: Tasting Activity:</b> Strawberry Pizzas	<b>D2, p. 26: Tasting Activity:</b> Serving Up...Strawberries	<b>Craft Activity:</b> Produce Placemats ( <i>The Basics</i> , p. 29)	<b>D1, p. 20: Tasting Activity:</b> Meet Strawberry's Berry Friends Strawberry Smoothie

**Extra Activities:**

- Strawberry Drawings and Blackline Masters (*The Basics*, p. 60)
- Activity Sheets (from *Growing at Home Activities*, p. 30)
  - Strawberry Blackline Masters
  - Strawberry Plant Parts
  - Color the Strawberries
  - Match the Strawberries
  - Strawberry Fun Badge

Extra Resources listed at [www.tcciwellness.com/GITILI](http://www.tcciwellness.com/GITILI)

To report CATCH classes, go to:  
<https://tcciwellness.com/teacher-resource-page/cfhl-class-tracking/>

Complementary themes:

- Summer
- Fruits
- Color red
- Alphabet letter 'S'

# Suggested CATCH Lessons

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## Go Fitness: Mighty Muscles

**NAME OF ACTIVITY:** Kanga

### NOW TRY THIS:

1. Create a story line. For example, the children are kangaroos and the ball is a very special package. They have to deliver this package. Engage them with questions, i.e., "Who are we taking the package to?" "What is so special about this package?" Along the way they have to jump high over stumps, jump fast to get away from a tiger, jump far to go over a creek, or jump quiet so as not to wake the bear.

### ADAPTED IDEAS:

1. Children who use mobility devices may participate without holding the ball between their knees.
2. Children who use mobility devices such as wheelchairs may jump with their hands while holding an appropriate size ball between their wrists or forearms.
3. Children with visual impairments may be accommodated with explanations and adult physical assistance for teaching purposes if appropriate.
4. Children with auditory impairments will require modeling for success. Sign language and/or pictures may be used for clear communication.

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## Go Fitness: Mighty Muscles

**NAME OF ACTIVITY:** Kanga

**EQUIPMENT:** 1 playground ball or foam ball per child and cones to designate activity area

**SKILL THEMES:** locomotor skills (jumping); transferring body weight

### ORGANIZATION:

1. Designate a safe activity area with the cones.
2. Children are scattered throughout the activity area, each with a ball.

### DESCRIPTION:

1. Distribute a ball to each child and ask them to squeeze it between their knees.
2. The objective is to jump without losing the ball. Tell the children if they drop the ball, simply pick it up, put it back between the knees, and continue jumping.
3. Ask the children to jump up and down in their places. Ask, "Can you jump with quick bouncy jumps without losing the ball?" and "Can you jump high without losing the ball?"
4. Next, ask the children to jump throughout the activity area. Ask, "How about backward?" "Sideways?"

### TEACHING SUGGESTIONS:

1. Remind children to watch out for others as they jump.
2. Try a variety of balls or other objects. Due to size and texture, some objects will be easier for children to squeeze between their knees. Let the children experiment with what works best for them.

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## Go Fitness: Limber Limbs

**NAME OF ACTIVITY:** Head, Belly, Toes

**EQUIPMENT:** none

**SKILL THEMES:** bending and stretching; balance

### ORGANIZATION:

1. Children are scattered throughout the activity area.

### DESCRIPTION:

1. As you call out "head," "belly," and "toes," children touch the corresponding part of their bodies.

### TEACHING SUGGESTIONS:

1. Begin calling out the body parts at a quick to moderate tempo and then gradually move to a slow tempo.
2. At first, call out the body parts in the same order then mix them up.

### NOW TRY THIS:

1. Substitute a sound for the word "head." For example, when the children hear a hand clap or a foot stomp, they touch their head. Eventually substitute different sounds for each body part.

### ADAPTED IDEAS:

1. Children who use mobility devices may participate with their devices and adult assistance.
2. Children with visual impairments may participate with a sighted guide.
3. Children with auditory impairments will require modeling for success. Sign language and/or pictures may be used for clearer communication.