

## Sample lesson plan for Spinach Lane

(Grow It, Try It, Like It! Book 3)

### Weekly Group Planning Form, Week of July 31-August 4

	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>Mystery Box/Bag Activity:</b> One Touch, One Guess (A1, p.2-3)	<b>Growing Activity:</b> Spinach Starts as Seeds! (B1, p.8-9)	<b>Growing Activity:</b> Plant a Spinach Seed (B2, p.10-11)	<b>Growing Activity:</b> Plant Seeds or a Seed Tape Outdoors (B3, p.12-13)	<b>Food Group Activity:</b> Let Us Try More Leafy Greens (D1, p.20-21)
<b>Read-Aloud Book Related to the study</b>					
<b>Large Group</b> (Songs, Rhymes, Books, Activities, Music & Movement, etc.)	<b>Craft Activity:</b> Spinach Leaf Print (A2, p.4-5)	<b>Teach &amp; Report CATCH Class</b>	<b>Craft Activity:</b> Stamped Wrapping Paper	<b>Teach &amp; Report CATCH Class</b>	<b>Movement Activity:</b> Spinach Stretch (D1, p.24-25)
<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>Tasting Activity:</b> Spinach Flowers (or rolled with cream cheese) (A3, p.6-7)		<b>Movement Activity:</b> Old MacDonald Had a Farm, Spinach Style (C3, p.18-19)		<b>Craft Activity:</b> Garden Stones

#### Extra Activities:

- Recipe: Dilly Spinach Dip, Green Alligator Smoothie (eatfresh.org)
- Activity Sheets
  - Spinach Dot-to-Dot
  - Where Does Spinach Grow?
  - Spinach Puzzle Pieces

#### Complementary themes:

- Spring
- Vegetables
- Color green
- Alphabet letter 'S'

## Cool-Down Activities

NAME OF ACTIVITY: Yoga Poses

EQUIPMENT: CATCH Me Movin', CATCH Me Groovin' music CD

SKILL THEMES: stretching; balancing; twisting; relaxing; transferring body weight

### ORGANIZATION:

1. Children are scattered, each in his own self-space.

### DESCRIPTION:

1. Use "Peace" (track #22), "Calm" (track #23), and/or "Relax" (track #24) from the CATCH Me Movin', CATCH Me Groovin' music CD.
2. Challenge the children to move quietly and slowly through each yoga pose.
3. Select and teach one low pose, one medium, and one high pose from the list below.
4. Start with the low pose, transition to the medium pose, and finish with the high pose.
5. Hold each pose at least 10 seconds. Increase the length of time as the children become more capable of maintaining their balance.

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## Go Fitness: Mighty Muscles

NAME OF ACTIVITY: Move Like the Animals

### NOW TRY THIS:

1. Invite children to move throughout the area as though they were the biggest dinosaurs ever to roam the earth.
2. Ask the children to think of other animals that are not included in the Animal Action Activity Cards.

### ADAPTED IDEAS:

1. Children who use mobility devices or have difficulty with balance may be accommodated by allowing them to participate while seated.
2. Children with visual impairments may be best accommodated by an object representation of the animal such as a plastic animal along with verbal explanation. If object representation is not available, verbal explanation is essential. Physical assistance may be allowed if preceded by an explanation and if appropriate for the individual child.
3. Children with auditory impairments will require modeling for success. Sign language and/or pictures may be used for clearer communication.

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## Cool-Down Activities

NAME OF ACTIVITY: Yoga Poses

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### Low Poses:

- Child's Pose or Acorn Pose: Kneel down and sit back on your heels. Bend at the hips and bring your chest down toward your thighs. Your arms should be along the sides of your legs resting on the floor with palms facing upward. See if you can place your forehead on the floor. Inhale and exhale for a slow count of 10.
- Superman: Lie on your stomach with your arms out in front of you. Exhale as you raise your head, arms, shoulders, and legs up off the floor. Only your stomach should be touching the floor. Take three full breaths and relax your legs and arms. Repeat once.
- Fish: Lie on your back. Arch it and lift it off the floor and use your back muscles to balance gently on your elbows and forearms. Stick your tongue out. Hold for 10 seconds.
- Stretching Starfish: Lie on your back with arms at your side and legs together. Slowly spread and stretch your arms and legs apart. Inhale and exhale as you stretch out. Inhale and exhale again as you return your arms and legs back together. Repeat 3 more times.

## Go Fitness: Mighty Muscles

NAME OF ACTIVITY: Move Like the Animals

EQUIPMENT: cones to designate activity area, Animal Action Picture Cards, music

SKILL THEMES: locomotor skills; traveling within a large group

### ORGANIZATION:

1. Children are scattered throughout the activity area.

### DESCRIPTION:

1. Show the children an Animal Action Activity Card.
2. Turn on music and allow them to move like that animal.

### TEACHING SUGGESTIONS:

1. Talking to the children about the size, weight, and movements of each animal beforehand will help children depict them.
2. Alternate between animals that crawl on their hands and knees (dog, coyote, rhino, or crab) and walk up tall (giraffe, bears, monkeys, or ostrich). For example, "Walk like a dog. Walk like a giraffe. Walk like a coyote. Walk like a monkey."
3. Allow children to interpret the animal movements in their own ways.