

## Sample lesson plan for Orange Grove

(Based on Grow It, Try It, Like It! Book 6 – Peach Orchard)

### Weekly Group Planning Form, Week of August 21-25

	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> (A1, p.2-3)	<b>*Growing Activity:</b> Make and Grow a Pretend Orange Tree (B2, p.8-11)	<b>*Growing Activity:</b> Make and Grow a Pretend Orange Tree (B2, p.8-11)	<b>*Growing Activity:</b> Make and Grow a Pretend Orange Tree (B2, p.8-11)	<b>*Growing Activity:</b> Make and Grow a Pretend Orange Tree (B2, p.8-11)
<b>Read-Aloud Book Related to the study</b>					
<b>Large Group</b> (Songs, Rhymes, Books, Activities, Music & Movement, etc.)	<b>*Growing Activity:</b> Make and Grow a Pretend Orange Tree (B2, p.8-11)	<b>Teach &amp; Report CATCH Class</b>	<b>Growing Activity:</b> Orange Trees Grow From Seeds (B1, p.6-7)	<b>Teach &amp; Report CATCH Class</b>	<b>Movement Activity:</b> Orange Reach Stretch (D2, p.22-23)
<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> Orange – A Look Inside (A2, p.4-5)	<b>Craft Activity:</b> Garden Seed Art  <b>Tasting Activity:</b> Orange Freeze Drink	<b>Movement Activity:</b> Old MacDonald Had a Farm, Orange Style (C3, p.16-17)	<b>Craft Activity:</b> Stamped Wrapping Paper	<b>Tasting Activity:</b> Orange Fruit Cup

\*same activity each day to track progress of “growing tree”

## Go Fitness: Mighty Muscles

**NAME OF ACTIVITY:** Crabs & Seagulls

**EQUIPMENT:** 1 poly spot per child

**SKILL THEMES:** locomotor and non-locomotor movements; transferring body weight; balancing

### ORGANIZATION:

1. Children are scattered throughout the activity area, each standing inside a hoop or on a poly spot.

### DESCRIPTION:

1. Children imagine that they are crabs out for a day on the beach (children will crab walk around their poly spots). However, a hungry seagull lurks nearby and the crabs must scurry home if the seagull flies too close.
2. At the teacher's signal, the crabs begin the day's journey around their beach house (the poly spot).
3. While the crabs are venturing from their spots have them:
  - carry a picnic basket
  - jump the waves
  - dig for sea shells
  - dry off with a towel
4. Periodically call out "SEAGULL!" Crabs must scurry back to their spots and sit still until the seagull flies away.

### TEACHING SUGGESTIONS:

1. The objective is to have children develop upper body strength by supporting their body weight on their hands. Keep the story fun and encourage creative interpretation.
2. Encourage children to do all the actions without letting their bottoms touch the ground.

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## Go Fitness: Mighty Muscles

**NAME OF ACTIVITY:** Crabs & Seagulls

### NOW TRY THIS:

1. Create other types of movement story lines. (e.g., puppies looking for bones need to watch out for the dog catcher, rabbits scheming to pluck carrots and must be careful of the wolf, frogs hopping through the pond and must be on guard against hungry alligators).

### ADAPTED IDEAS:

1. Children who use mobility devices may be transferred to a poly spot on the floor and assisted by an adult if appropriate.
2. Children who use mobility devices may participate while seated if appropriate.
3. Children with visual impairments may participate with an explanation and physical assistance for teaching purposes if needed.
4. Children with auditory impairments will require modeling for success. Sign language and/or pictures may be used for clearer communication.

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## Go Fitness: Limber Limbs

**NAME OF ACTIVITY:** Stretch & Bend

**EQUIPMENT:** none

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

### ORGANIZATION:

1. Children are scattered throughout the activity area.

### DESCRIPTION:

1. Have the children imagine the following:
  - Stretch as though you are picking fruit from a tall tree.
  - Flop like a rag doll.
  - Stretch as though you're waking up and yawning first thing in the morning.
  - Bend over as though you're tying shoes.
  - Stretch to put something on a high shelf.
  - Bend to pat a dog, then an even smaller dog, then a cat.
  - Stretch to shoot a basketball through a hoop.
  - Bend to pick up a coin from the floor.
  - Stretch as though you are climbing a ladder.
  - Bend to pick vegetables or flowers from a garden.

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## Go Fitness: Limber Limbs

**NAME OF ACTIVITY:** Stretch & Bend

### TEACHING SUGGESTIONS:

1. Allow children to interpret these actions in any way they wish.

### NOW TRY THIS:

1. When you feel the children are ready, pose the following challenges (you may need to model):
  - Stretch one arm high and the other low (one toward the ceiling and the other toward the floor).
  - Bend one arm while stretching the other one high (low; out to the side)
  - Reach both arms to one side, then the other side.
  - Reach one arm to the side and the other toward the ceiling.
  - On your hands and knees, stretch one leg behind you and one arm forward.
  - Lie on your back, then stretch one leg and bend the other.
  - Stretch one leg long and the other toward the ceiling.

### 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.

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