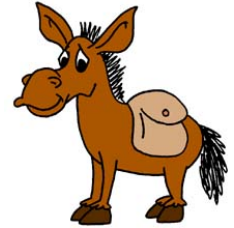


Gross Motor Activities:

Ball Throwing - 3 minutes - Stand as close as you can to me to pass me the ball. Take a step back & throw it into my hands. *Helpers Hint: As skills improve, slowly increase the distance between you & Alyanna, & practice with different sized balls. If a ball is too challenging, try a pillow or beanbag that little fingers can grasp when catching & throwing.*

Ball Bouncing - 3 minutes - Stand up tall & bounce the ball to me, don't forget to watch the ball. *Helpers Hint: Drawing a line on the ground to bounce the ball over helps to with direction. Bouncing helps to orient eyes to track a moving object & makes catching easier.*

Donkey Kicks - 3 minutes - lean forward onto your four hooves, EE-AW like a donkey & kick your back hooves as high in the air as you can. Donkey kick back to your table.



Fine Motor Activities:

The purpose of these activities is to practice shapes.

Pencil Flicks - make a square, with four pencils, for your donkey, and then flick each pencil using your pinching grip. See how many squares you can make & flick using all of your pencils. *Helpers Hint: Alyanna could throw the pencil of a square, & trace the shape with the finger.*

Trace your name - use the name to trace the shape of each letter.

What number is it? - Trace the number to match the shape.

Can you find your name - Look for the shape of the letters in the world.

Activity Sheet (1) - Square

Activity Sheet (2) - Scissors

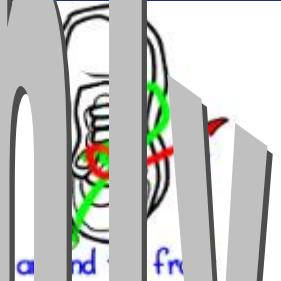
Activity Sheet (3) - Square

Activity Sheet (4) - Find the Square



School Skills:

- **Shoelace Story** - slide Sammy Snake over the top of your upper hand around the tree.
- Using the **Story Sheet** practice essential information. As a class, Alyanna should be able to recite her name & parents full name, home phone number, address & age. Try changing the words of a favourite song or catchy tune & sing the information together... children have an amazing capacity to absorb information, especially when it is fun!
- Practice **getting up for school** with Alyanna. Work out how long dressing, breakfast & getting to school takes & establish a routine before school begins. Photos of everything that needs to be done before going to school can assist as a reminder.



Practice Corner:

- **Shoelaces** - practice steps up to today's lesson.
- **Donkey kick** at the park or in your garden, EE-AW loudly.
- **Shapes** - Talk about the shapes of every day objects with Alyanna - the television, bus, schoolbag & fruit to name a few. When practicing shapes it is much more fun to draw a square lunchbox than just a square! As Alyanna draws around the shapes give simple directions & encourage her to tell you what she is drawing as she draws.
- **Draw squares** on the back of each activity sheet.