

# SPORTS

## Lesson

When one thinks of sports, football, basketball, and soccer typically enter one's mind. There are other avenues of sports that can be explored, such as rowing, dancing, sailing, and even walking. Now is a great time to expose your child to different ways of expression through sports.



## Outing

It is great to teach your child how to throw, hit, and catch, but remember to teach fairness, teamwork, good sportsmanship, and respect as well.

Some great benefits of sports include:

- growing appreciation of health and fitness
- helping with movement concepts & skills
- developing social skills

Take your child to different sporting events such as a little league game, a dance recital, or your choice of your local high school events.



## Snack Time

Ingredients: sports drinks or water and oranges.  
Directions: Pour the sports drink or water in cups and slice the oranges into smaller pieces. Explain to your child that these are typical things that athletes eat and drink which gives them energy.



## Activity & Games

Playing Sports (Suitable for all ages)

Description: There are many sports that you can present to your child. Try out different things each day and see which ones they like best.

**\*Don't Forget to Practice Good Sportsmanship.**



## Reading Time

- Morgan Plays Soccer, by Anne Rockwell
- Skater Girl, by Jennifer L. Holm
- Froggy Learns To Swim, by Jonathan London