

Mon 11	Tue 12	Wed 13	Thu 14	Fri 15
Exercise - Exploring the Topic: What do we know about exercise? What do we want to find out?	Exercise - Investigation 1: What are different kinds of exercise?	Exercise - Investigation 1: What are different kinds of exercise?	Exercise - Investigation 1: What are different kinds of exercise?	Exercise - Investigation 1: What are different kinds of exercise?
Choice Time Library: fiction and nonfiction books about exercise	Choice Time Dramatic Play: new pieces of exercise equipment (e.g., balls, hula hoops, resistance bands)	Choice Time Art: magazines with pictures of people exercising; scissors; glue	Choice Time Toys and Games: Twister® games; beanbag game	Choice Time Dramatic Play: collection of exercise equipment, clothing, and shoes; examples of exercise journals; masking tape for fitness stations
Question of the Day What do you want to know about exercise?	Question of the Day What can we do with this? (Show a paper towel roll.)	Question of the Day What types of exercise will we see on our site visit?	Question of the Day How can you exercise with this? (Display a hula hoop or other piece of exercise equipment.)	Question of the Day Do you have a question for our visitor? (Provide sticky notes to record questions.)
Large Group Movement: Freeze Discussion and Shared Writing: What Do We Want to Find Out About Exercise? Materials: Mighty Minutes 25, "Freeze"; dance music	Large Group Song: "Paper Towel Rap" Discussion and Shared Writing: Moving Our Bodies From Place to Place Materials: Mighty Minutes 64, "Paper Towel Rap"; paper towel rolls (one for each child); Mighty Minutes 99, "Let's All Follow"	Large Group Song: "Hi-Ho, the Derry-O" Discussion and Shared Writing: Site Visit Materials: Mighty Minutes 23 "Hi-Ho, the Derry-O"	Large Group Movement: Let's Pretend Discussion and Shared Writing: Fitness Stations Materials: Mighty Minutes 39, "Let's Pretend"	Large Group Movement: Listening Story Discussion and Shared Writing: Exercise Visitor Materials: Mighty Minutes 86, "Listening Story"
Read-Aloud The Happiest Tree: A Yoga Story Book Discussion Card 25 (third read-aloud)	Read-Aloud Soccer Counts/El fútbol cuenta!	Read-Aloud Bear on a Bike	Read-Aloud Soccer Counts/El fútbol cuenta!	Read-Aloud Bear on a Bike
Small Group P12: Exploring Pathways	Small Group M06: Tallying	Small Group LL28: Stick Letters	Small Group M47: My Shadow and I	Small Group LL04: Bookmaking
Mighty Minutes Mighty Minutes 55, "Mr. Forgetful"	Mighty Minutes Mighty Minutes 70, "The Kids Go Marching In"	Mighty Minutes Mighty Minutes 32, "Walk the Line"	Mighty Minutes Mighty Minutes 12, "Ticky Ricky"	Mighty Minutes Mighty Minutes 04, "Riddle Dee Dee"
Outdoor Experiences Physical Fun: Intentional Teaching Experience P11, "Jump the River" P11 - Jump the River	Outdoor Experiences Physical Fun: Intentional Teaching Experience P21, "Hopping" P21 - Hopping	Outdoor Experiences Physical Fun: Intentional Teaching Experience P21, "Hopping" P21 - Hopping	Outdoor Experiences Physical Fun: Intentional Teaching Experience P21, "Hopping" P21 - Hopping	Outdoor Experiences Invite the classroom visitor on day 4 to join the children outdoors as they try various types of exercise. Physical Fun: Intentional Teaching Experience P16, "Body Part Balance" P16 - Body Part Balance
	Family Partnerships Invite families to teach their children the types of exercise they enjoy.	Family Partnerships Invite families to teach their children the types of exercise they enjoy.	Family Partnerships Invite families to teach their children the types of exercise they enjoy.	Family Partnerships Invite families to teach their children the types of exercise they enjoy.
	Wow! Experiences Site visit somewhere around the school or neighborhood where children can see others exercising in some way	Wow! Experiences Site visit somewhere around the school or neighborhood where children can see others exercising in some way		Wow! Experiences Classroom visitor who shares information about an exercise he/she likes