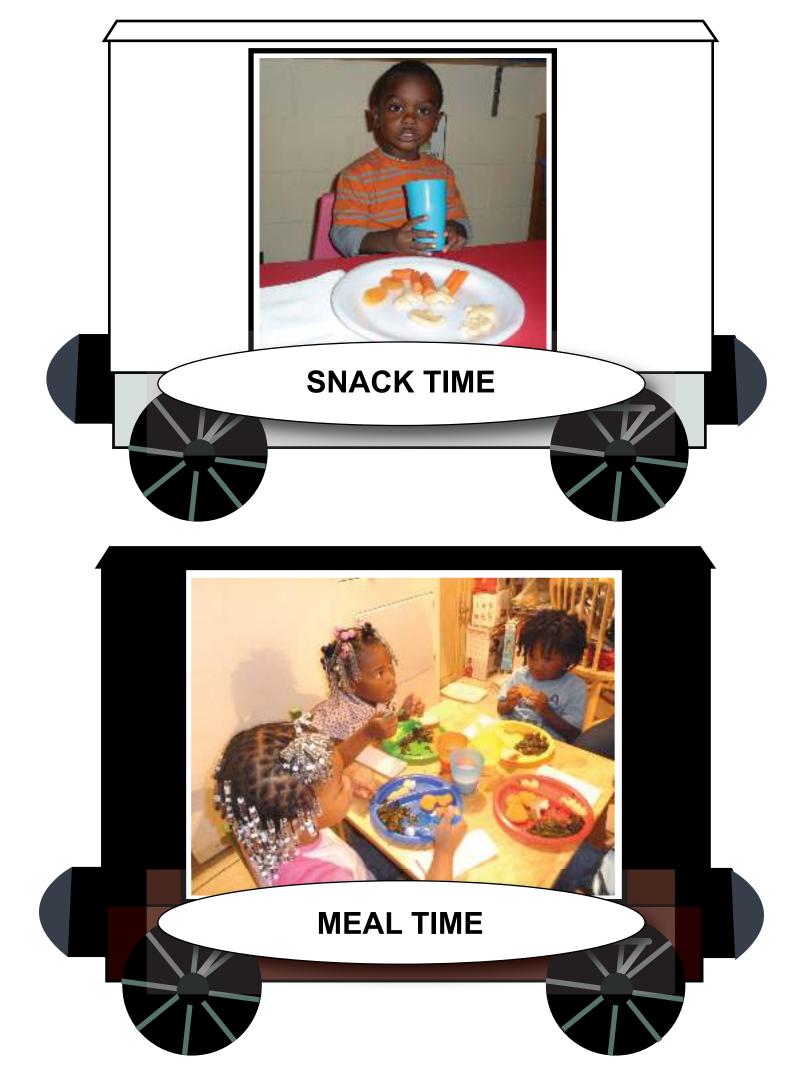
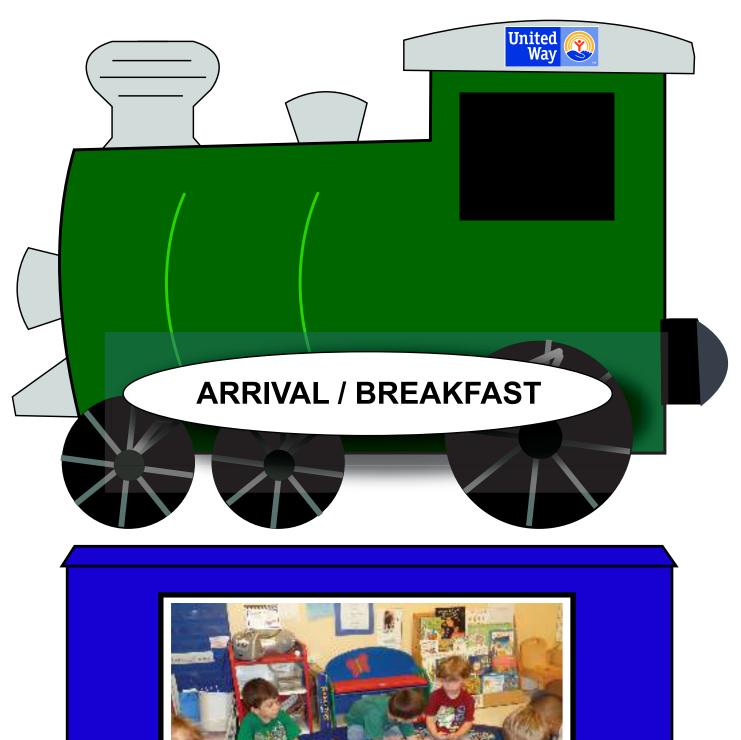
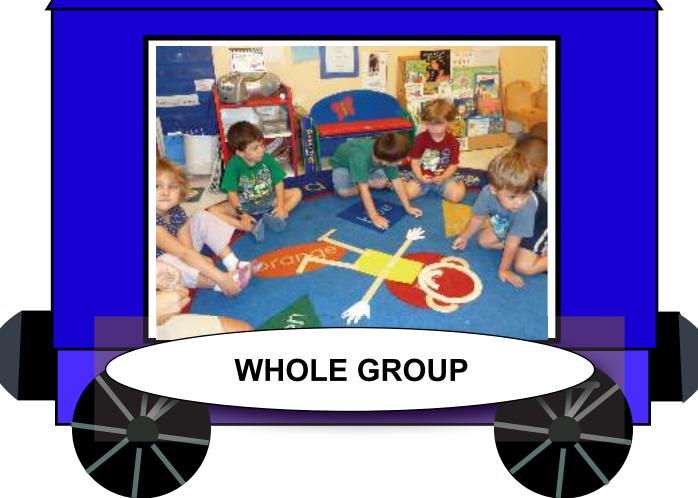




FREE CHOICE/CENTERS







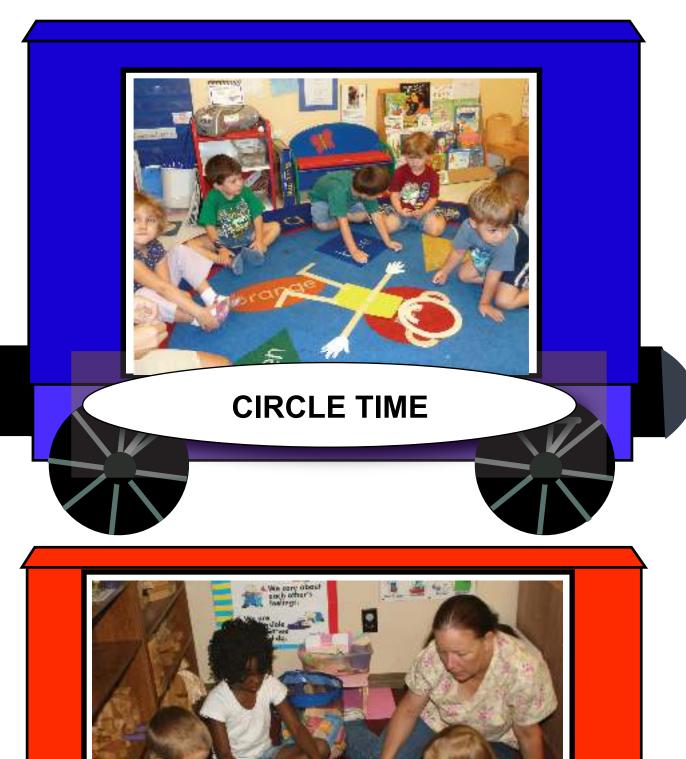








MUSIC & MOVEMENT





INTEREST AREAS



- PARACHUTE PLAY: Have children hold the parachute then shake it with a ball in the middle.
- HULA HOOP JUMP: Have children jump in and out of the hula hoops.
- DEXERCISE FUN: Jump, bend and move.
- DANCE & MOVE TO THE MUSIC: Using developmentally appropriate childrens songs, when the music stops the children stop dancing. Repeat.
- MOVING TO MUSIC WITH SCARVES
- 1 LETTER HUNT: Hide the letter of the week in the classroom. Have children find the letter.
- ACTION BASKET: Cut a piece of paper into 10 or more strips and write down an action on each one. Example -"jump on one foot."
- JUG CATCH: Cut the bottom of a gallon milk jug, one for each child. Use an old sock to scoop and catch.