

## Lesson plan for Monday — Camp Out

(Here's how the Daily Format looks in the lesson plan for Monday. Follow the same format for the rest of the week using additional material as scheduled on page 9.)

# Play Fun Games. **Have More Fun**

## Fun Games (30 minutes, divided, whole group and independent play)

### 1. Bend and Stretch

Join hands to form a circle, arms length apart. Ask: *What shape are we making?* Circle. Drop hands. Recite with actions:

See-saw, sacradown,  
(Stretch arms out to sides, lean from side to side.)  
How many steps to London Town?  
(Touch toes.)  
One, two, three, four, five, six, seven, eight, nine, ten.  
(Hop or skip in a circle while counting.)  
One foot up and one foot down,  
(Lift one foot, then the other.)  
One, two, three, four, five, six, seven, eight, nine, ten.  
(Hop or skip in a circle in opposite direction while counting.)  
That's the way to London Town.  
(Join hands and march to center of the circle.)  
One, two, three, four, five, six, seven, eight, nine, ten.  
(March backward to original places.)

Repeat verse above inserting the name of your town.



### 2. Play Campground Obstacle Course:

Set up in a large play area. Tell children to hop, skip or jump between each activity. Show children what to do at each location.

Point out the shapes of the objects:

- 1. Circles.** A row of paper plates marked 1-10. Hop on one foot (if able) or two on each plate, counting numbers 1 to 10 out loud.
- 2. Rectangle.** A large plastic cooler. Run around it twice.
- 3. Circles.** Three 1-gallon plastic milk containers filled with water and two hula hoops or yarn formed into circles placed about three feet apart on the ground. Carry containers from one circle to another.
- 4. Triangle.** A length of rope, or a jump rope, stretched out on the ground to form a triangle. Walk along it tight-rope style.
- 5. Pyramid.** Six sleeping bags, blanket rolls, or bath towels, rolled and tied. Stack to form a pyramid, then knock down.
- 6. Square.** Hopscotch. Set up a hopscotch game with sidewalk chalk if playing outdoors, or draw with marker on a large sheet of butcher paper.

As children complete obstacle course, they can join in the hopscotch game.

### 3. Independent Play.

Following the obstacle course activity, excuse children to usual independent active play in the yard or play area.