

SD72 PARENT HOME LEARNING LESSON

AVOID THE SHADOWS

MATERIALS: None

INSTRUCTIONS:

- Head outside for a walk around your area on a sunny day.
- Kids avoid all the shadows that they see on the ground, including from the people walking!
- As shadows move, kid will be jumping, leaping, and hopping in all directions over big and small shadows.

FUNDAMENTAL MOVEMENT SKILLS: Walking, Running, Jumping, Hopping, Leaping

