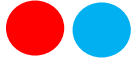


“Simon Says”

Pre-K Standards:

Physical Development: 1.PK.1, 2.PK.2, 2.PK.3, 3.PK.1, 3.PK.2, 4.PK.1

Social/Emotional: 5.PK.1a,



Instructions:

1. Play Simon Says and instruct your children to do different activities like:
2. Arm and leg stretches
3. Jumping jacks
4. Bunny hops
5. Balancing on right or left foot

Skills: (may vary on physical activities chosen)

- Light cardio
- Muscle strengthening
- Jumping
- Hopping
- Skipping
- Balancing on one foot

Printable Version

