



Spring 2020 SOGO@HOME Adventure

Week 26 - Info sheet for Parents

Z is for Zip Zap Zoom!

This page contains the lesson plans and goals for “Week 26: Z is for Zip Zap Zoom journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com.

Drawing Challenge

Using our fine motor skills, we are practicing using our pincher grip (holding the pencil properly). We are building the muscles in our hands that we use for holding things, tying our shoes, cutting with scissors and writing among other daily tasks.

This activity challenge is about memory and recall. Discuss the different places that you run, or could run. Which is the best place, and why? What things can you think of that start with the “Z” sound?

Writing Practice

Using our fine motor skills, we are practicing using our pincher grip (holding the pencil properly). We are building the muscles in our hands that we use for writing. This activity is based on letter recognition and shape.

Running Challenge

In this activity we are practicing our gross motor and locomotive skills through movement and turning our bodies while in motion. We are also practicing setting up, and cleaning up our courses. This is important to help build the foundations of social equipment use (school, camp or gym settings), as well as to help build respect for the equipment we use (if it is theirs or someone else’s).

Speed Challenge: Call out the different words in different orders, have children run to each word as quickly and in control of their bodies as possible. We are working on early literacy and sight words as

well as memory. Our physical goals are to run and stop quickly without falling or tripping or running into things in our environment.

Endurance Challenge: Time your child(ren) as they run each lap, record their time and see if they can run each lap taking the same amount of time. For example, they could run the first loop in 32 seconds, they run the second loop in 31 seconds and the third loop in 34 seconds. Talk about the value of being able to run far distances without being overly tired or injured.

Take it further: Look up sprint and long distance runners and see how far they run, how they train and other fun facts.

Action Song

Here is a fun song to keep moving. This song gets kids to use their locomotive skills as and adds on previous skills.

<https://youtu.be/AjHMDo-N7E8>