**Weekly Lesson Plan-Project Work**

**Date:** July 7, 2014 **Classroom:** Red Room **Study Topic:** Healthy Bodies **Phase:** Two **Teachers:** Ms. Bobotek and Mrs. Wiest

|  |  |  |
| --- | --- | --- |
| **Discussion/Activity for Meeting Time**  **What is “My Plate”?**  **How can we sort food using “My Plate”?**  **What is exercise? What are some different ways to exercise?**  **What do you know about running as an exercise? What would you like to know?**  **Let’s create an obstacle course to move our bodies in different ways.** | **Fieldwork/Investigation for Center Time**  **Expert:** Mary Corbett, a “My Plate” Ambassador, will come in and teach us more about this FDA program.  **Field Trip:** We will walk to track on campus to practice running and do some relays.  germs.jpg | **Representation/Display**  **Sorting:** Using a giant paper plate, children will sort some play food into the proper categories: dairy, protein, vegetables, fruits, and grains.    **List:** The class will brainstorm a list of ways to exercise and take pictures of their classmates doing some of them.  **Design:** Children will draw and then create their own obstacle course using materials from the CYC movement closet. |
| **Literature for Story Time:** We will readbooks by Ezra Jack Keats including Goggles, The Snowy Day, and Peter’s Chair.  **Mathematical Thinking**: Flannel board animals and numbers will be out for children to arrange and count.  **Scientific Thinking:** A mortar and pestle will be out for children to crush some herbs from the garden and explore their scent.  **Cooking:** We will make pizza with a whole wheat crust.  **Music:** Musical bean bag songs will be enjoyed during afternoon meeting time. | | |