



My Exercises

Ages 4 years—5 years

Objective: The child can do physical activity when shown and follows visual and verbal directions; while learning opposites.

Materials needed:

Opposite Exercises List (printable)

Procedures

1. Begin to say and do the opposite exercises in order following the list. Say the actions out loud to your child as you do them. Encourage your child to do the opposite exercises with you, following along.
2. Repeat exercise list more than once, to really help child understand and learn the opposites they are doing with motions. As you do the first opposite exercise, see if your child knows the opposite exercise to do and tell you. Take turns, you say the first one, then child does the opposite.



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4. Continue through the whole list of opposite exercises with your child for a second time; encouraging them to follow along the same way as stated in #3. (I.e. As you do the exercise "arms up to touch the sky", ask your child "what's the opposite of up?" Child says: "Down" and then touches their toes.)

Milestones to meet:

The child can use gross-motor skills to influence development. The child learns the concept of opposites through physical activity. The child can follow visual and verbal directions.

Evaluation:

Did this lesson work for your child? Why or why not?