

### Opening

- Hello \_\_\_\_\_, It's Time to Say Hello (to Good Night Ladies) – with sign language
- How Many Friends are Here Today? Let us Count them (to London Bridge) – with signs
- ABC Rock

### Music and Movement

- Warm up – play “This is the Way We Do It” (by Greg and Steve)
- Baseball, Basketball, Football Fingerplays (to tune of Frere Jacques, lyrics attached)
- Swimming – play “The Goldfish” (by Laurie Berkner Band – lyrics attached)

### Sensory

- Make balls out of tin foil, wax paper, notebook paper; pass back and forth between hands; throw up in air and catch; can unfold and make again (need tin foil, wax paper, and/or notebook paper; tape)

### Gross Motor

- Volleyball with balloon (need balloon or can use a ball made during Sensory activity)
- Running with plastic egg on spoon (need spoon and plastic egg or ball made earlier)
- Frisbee (with paper plate)
- Hockey (with broom and paper plate)
- Ice Skating (with 2 paper plates)
- Bowling (with 6 plastic cups/water bottles and a ball)

### Fine Motor

- Trace outline of paper plate on 2 sheets of white paper; show how to turn them into baseball and basketball (need 2 sheets of white paper, black marker or crayon, red marker or crayon, orange marker or crayon)

### Story Time

- Sing “It is Time to Read a Book with my Friends” – with sign language
- Read “Froggie Goes Swimming”

### Closing

- The More We Get Together - with sign language
- Goodbye Friends song

### Parent Share

- Parents share ideas to do at home, success stories, etc.

Materials needed:

- Tin foil, wax paper, notebook paper (all 3 or just 1 is fine)
- Blown up balloon (or can use ball made during Sensory time)
- Plastic egg and spoon
- 2 paper plates
- Broom
- 6 plastic cups or water bottles or combination of both
- Ball for bowling with plastic cups/water bottles
- 2 sheets of white paper
- Black, red, and orange markers or crayons

Sports Fingerplays - to the tune of "Frère Jacques."

**Baseball Player**

Baseball player, baseball player  
Swing the bat, hit the ball  
(Pretend to swing a baseball bat.)  
Run around the bases, run around the bases (Pretend to be running.)  
Homerun, homerun

**Football Player**

Football player, football player  
Throw the ball, (Hold one hand back like you are going to throw a football.)  
catch the pass. (Pull both hands to chest as if catching a football)  
Run and don't get tackled, run and don't get tackled. (Pretend to run.)  
Touchdown, touchdown (Hold both arms straight up to signal a touchdown.)

**Basketball Player**

Basketball player, basketball player  
Dribble the ball, down the court (Pretend to be bouncing a basketball.)  
Stop and shoot a basket, stop and shoot a basket. (Pretend to shoot a basketball.)  
Two points, two points. (Hold up two fingers)

**The Goldfish** - <https://www.youtube.com/watch?v=uCF3vBuxXS8>

Lots of little fish were sleeping on a rock, In the bottom of the ocean

They lifted up their heads, And they shook out their tails

And they said, "let's go swimming"

Let's go swimming, let's go swimming, Yeah, let's go swimming

Let's go swimming, let's go swimming, In the bottom of the ocean

Then the little fish got so very, very tired, That they came back to the rock

They put down their heads, And they put down their tails, And they took a little nap

And when they woke up, They were a little bit dirty, So they took a shower

And they washed their hair, And they washed their ears, And they washed their tummies

And they washed their very long, fishy beards, And they washed their noses

And they washed their toes-es, And then they said

"Wait a minute, we're fish! We don't take showers!"

Let's go swimming, let's go swimming, Yeah, let's go swimming

Let's go swimming, let's go swimming, In the bottom of the ocean

Then the little fish got so very, very tired, That they come back to the rock

They put down their heads, And they put down their tails, And they took a little nap

And when they woke up, They decided to ride their bicycles

So they rode to the left, And they rode to the right, And they rode all day, And they rode all night

They rode down the hill, And then faster still, And then they said

"Wait a minute, we're fish! We don't ride bicycles!"

Let's go swimming, let's go swimming, Yeah, let's go swimming

Let's go swimming, let's go swimming, In the bottom of the ocean

Then the little fish got so very, very tired, That they come back to the rock

And they put down their heads, And they put down their tails, And they took a little nap

And when they woke up, They decided to brush their teeth

So they got out their tooth brush, And their toothpaste, And they squeezed a little on

They really liked the taste, Then they put it in their mouth, They brushed north and south

Ch-k-ch, ch-k-ch, ch-k-ch, Ch-k-ch, ch-k-ch, ch-k-ch

And then they said "Wait a minute, we're fish! We don't brush our teeth!"

Let's go swimming, let's go swimming

Yeah, let's go swimming

Let's go swimming, let's go swimming

In the bottom of the ocean

Let's go swimming, let's go swimming

In the bottom of the ocean