

# Physical Literacy Planning

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Yoga Kids, Silly to Calm DVD	Scarf Dancing	Movement Cards	Crab Walking	Hockey
Week Two	Sleeping Bunnies	Barney: Movin & Grovin DVD	Balancing Beam	Soccer	Kidz Bob: Dance Moves DVD
Week Three	Ribbon Dancing	Brigance Development Screening Day	Fitness Machines	Classical Baby Dance Show DVD	Parachute Play
Week Four	Hula Hooping	Pilates for Kids DVD	Bowling	Basketball	Duck, Duck Goose