



## Catching



### Activity 1

### Warm-Up

Move and sing with me.

Warm-Up Song  
(Tune: *Ants Go Marching*)



The CHAMPPS go **jogging** 1 by 1  
Hooray Hooray!  
The CHAMPPS go **jogging** 1 by 1  
Hooray Hooray!  
The CHAMPPS go **jogging** 1 by 1  
This is the way we have some fun  
And we all go **jogging** on, and on, and on, and on!

Repeat with: **roll arms**, and **jumping jacks**

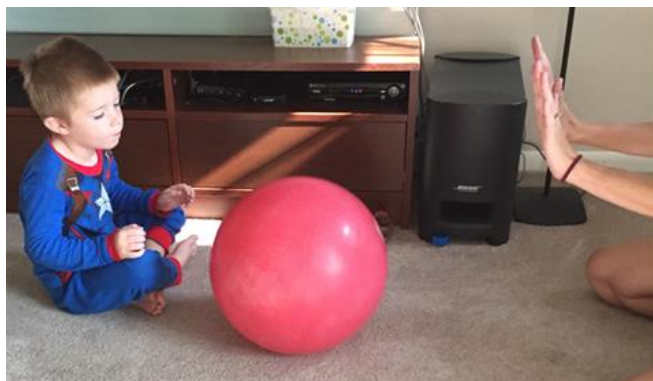
### Activity 2

### Roll & Catch

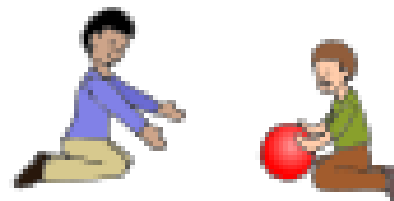
**What do we need?**

- ❖ **Floor Marker** (placemat, towel, paper)
- ❖ **Ball** (or ball of yarn, rolled up sock, rolled up ball of paper)

Sit on floor marker in front of me.  
Roll the ball to me on the floor.  
I catch the ball and roll it back to you.  
Keep rolling and catching.  
Next time, sit on knees (kneel) and roll and catch.



Sit & Roll



Kneel & Roll



## Activity 3

## Cool Down

Stretch and sing with me.

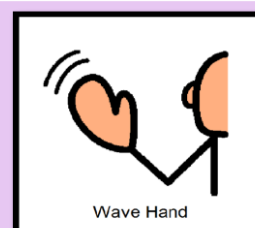
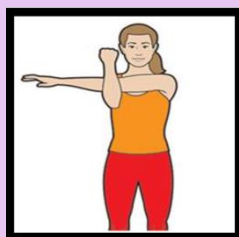
### Cool Down Song



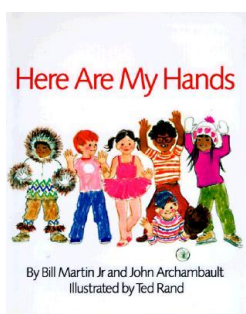
(Tune: *Here We Go 'Round the Mulberry Bush*)

This is the way we **stretch our arms**  
**Stretch our arms, stretch our arms**  
This is the way we **stretch our arms**  
At the end of CHAMPPS

Repeat with: **roll our arms, bend and stretch & wave goodbye!**



**Read and Move Together!**  
**Look for this book at your local library!**



**Here Are My Hands**  
**By Bill Martin Jr. & John Archambault**



**Thank you for playing with me!!**