



Apple Lesson Plan – 2020

Apple Obstacle Course –

1. Climb the ladder (reaching high with arms and legs pretend to climb a ladder to get the apple put of the tree, moving arms and legs together) – Complete 10 ladder climbs
 2. Reach for the apple in the tree – Reach your arms up as high as they will go, at the same time stand on your tip toes – hold this position while counting to 10. Try your best to stay on your toes!
 3. Don't walk on the apples that fell on the ground - Raising your toes up from the ground, walk on your heels around your room
 4. Jump with one foot over the apples – 5 times
 5. Jump with 2 feet over the apples - 15 times
 6. Reach up to get an apple, Squat down to put in the basket – 10 times
 7. Run 30 seconds away from the falling apples
 8. Kneel down and chop the tree (hands together above head, chop down to right hip, hands up, chop down to left hip) 10x
 9. Kick the apples out of the way x20 (ten right ten left)
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10. Apple squish – roll the playdough into a ball, raise your arm with the ball of playdough in your hand high over your head, quickly bring the playdough down onto the table in front of you and squish the playdough into a flat pancake!

Handwriting 1.

Fall is here! In New England that means it's apple picking season! Make a Word Cloud using words associated with apples: Some examples of apple words are:

Apple, red, green, yellow, juicy, apple picking, ladder, apple cider, leaves, peeling

Make your own Apple Word Cloud - Use the [abcya](#) link to make your word cloud



Handwriting 2.

Create a COVID bucket list for the Fall – what are some ideas of activities that are fall related that you can do that also following the COVID health and safety rules?

Using lined paper, fold the paper into 4 sections. Write one bucket list activity in each of the 4 sections. Practice typing your Bucket list on the computer, using a google document.

Some Fall Bucket List Ideas

Apple picking – make a reservation

Getting a pumpkin (grocery store, pumpkin farm with a reservation, Flower shop)

Carving a pumpkin with your family

Making an apple dessert

Hiking with close friends that you see routinely or with your family

Bike rides with close friends or family

Watching the New England Patriots play football on the TV in your house

Jumping in a pile of leaves

Watching the leaves change colors, in your neighborhood, while driving in your car, go on a walk/bike ride through your neighborhood

Decorating your house with fall things (hay, scarecrows, mums)

