



Enrichment Class Newsletter May Let's Get Physical!

This month we are headed outside to explore fun games with team play sports! Please remember to wear socks and tennis shoes every Monday. It is going to be physical! No flip flops, sandals, or high heels. Apply sunscreen also because we will be outdoors most of the time in the nice weather. We will have water for everyone 😊

We learn about being a member of a team. We decide how to work together to win a game. Soccer is a great team sport where everyone plays at once. We begin dribbling, running, kicking and scoring a goal! Pon (Hopscotch in Cuba) is a childhood staple and so is Finger Football. Each has different rules, each requires taking turns, and each is won by working together as part of the team. We talk about warm up exercises before playing a sport. We make our own team pennant!

Next we try our hand at Basketball. We practice dribbling and shooting. We learn about important character traits like good sportsmanship. We try jumping rope together and alone. We will identify different sport balls and which games you can play with them. We make cheerleading pom poms.

T-Ball is another team building game. We'll go over the rules. Why do you think there are rules for the game? Why is it important to follow the rules? We cover sports safety and equipment. We discover Team Spirit by learning chants and cheerleading!

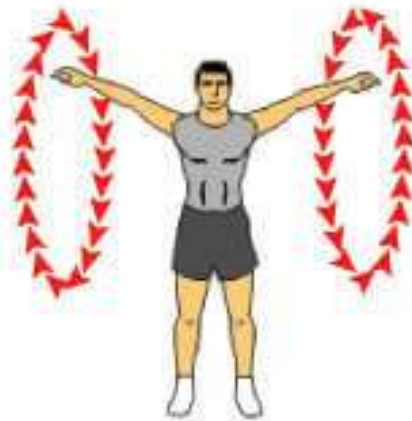
We finish the school year with Junior Olympics Day. Events include Silly Relay races, Cookie tossing, Marbles, Obstacle course, Long Jump, High Jump, Limbo Game, Bubbles, Water Table play, and of course popsicles outside for snack! Of course there will be trophies and ribbons awarded.

It has been an incredible year in the Enrichment class and we are glad that your child was here. We look forward to you sharing how much your child grows in the future. Please email pictures and anecdotes!

Ms. Craft cheryllcraft@msn.com, Ms. Illum , and Ms. Dominy PARTY ON THE 20th!!!



Arms across chest 15-20 reps



Full arm circles
10 - 15 reps in each direction
both arms



Shoulder Twists - 10-15 reps on each side



Side Bends - 10 on each side



Hip Rotations
10-15 in each direction



Lunges - 8-10 on each leg



Leg Swings
front and back 10-15 times each leg



Leg Swings
side to side 10-15 times each leg

We'er Number 1
Not 2, Not 3, Not 4
We'er Gunna Win, Not Lose, Not Tie The
Score

We'er Number 1
(Clap Twice)

Check It out
(Clap Twice)

We'er Number 1
(Clap Twice)

Check It Out
(Clap Twice)

But Its Ok We Also Thought Of You
We Took 1
But You Can Have Number 2

InstaQuote

Firecracker Firecracker BOOM BOOM BOOM

Firecracker Firecracker BOOM BOOM BOOM

Boys got the muscles, Teachers got the brains,
Girls got the Spirit

And we'll win the game!

Clap your hands (clap hands three times)
Stomp your feet(stomp feet three times)
Clap your hands (clap your hands three times)
Stomp your feet(stomp your feet three times)
We're the Phillies that can't be beat!
(repeat as many times as you want)

Bubble gum bubble gum pop pop pop
bubble gum bubble gum pop pop pop
our team our team up on top
your team your team ker plop plop
plop (x3)

Brick wall, waterfall.

Kenzi thinks she knows it all...but she don't, and I do--so boom boom with that attitude.

Peaches, punch--Captain Crunch, I've got something you can't touch.

Bang, bang choo choo train, wind me up and I'll do my thang.

Reeses Pieces, 7-Up--you mess with me and I'll mess you up.

Totally For Sure

I just got a manicure

The sun I swear is bleaching out my hair

Like 24 like 34 Like I don't even know the score

Go-Go Fight- Fight

Gee I hope I look all right

Ashes to Ashes

Dust to Dust

We hate to beat you

But we must

We're Dynamite We're Dynamite

Tick tick tick tick

BOOM Dynamite BOOM Dynamite

Bang Bang choo choo train

Come on Phillies Do your thing

Get it Get it Get it Get it

Got it Got it Got it Got it

Woo and Let it Roll!

We're Fired up to win We're fired up to win

We're fired up We're fired up

We're fired up to win!

Boom Chicka!

(repeat each line after song leader)

I said a Boom Chicka Boom

I said a Boom Chicka Boom

I said a Boom Chicka Rocka Chicka Rocka Chicka Boom

Uh huh

Oh yeah

One more time _____ style.

Janitor Style:

I said a Broom Sweep-a Broom

I said a Broom Sweep-a Broom

I said a Broom Sweep-a Mop-a Sweep-a Mop-a Sweep-a Broom

Valley Girl Style:

I said like boom chicka boom

I said a totally boom chicka boom

I said like boom chicka like rocka chicka like gag me with a spoon

Baseball Style:

I said a boom chicka boom

I said a boom chicka boom

I said a boom chicka rocka hit that softball to the moon.

Barn-yard Style:

I said a moo chicka moo

I said a moo chicka moo

I said a moo chicka watch your step, don't track it in the room.

Race Car Style:

I said a vroom shifta vroom

I said a vroom shifta vroom

I said a vroom shifta grind-a shifta grind-a shifta vroom

Astronaut Style:

I said a moon shoot the moon

I said a moon shoot the moon

I said a moon blast-me shoot-me blast-me shoot-me-to-the-moon

Flower Style:

I said a bloom chicka bloom

I said a bloom chicka bloom

I said a bloom chicka blossom smell those flowers chicka bloom

Parent Style:

I said a boom GO TO YOUR ROOM

I said a boom GO TO YOUR ROOM

I said a boom GO TO YOUR ROOM and don't come out 'til next June.

Cheerleader Style:

I said a Boom-Go-Fight-Boom

I said a Boom-Go-Fight-Boom

I said a Boom Go-Fight-Win Go-Fight-Win Go-Fight-Boom

Taco Bell Style:

I said a bean chicka bean

I said a bean chicka bean

I said a bean and cheese burrito and a nacho supreme.

Arnold Schwarzenegger Style: (Dana Q. Pack 75 in Long Beach)

[speak it slowly with a heavy 'Ahnold' accent and shoot a gun on every BOOM]

Ich sprach Boom Chicka Boom

Ich sprach Boom Chicka Boom

Ich sprach Boom Chicka Rocka Chicka Rocka Chicka Boom

Ah hah

Oh ja

Noch ein mal _____ style.

McDonalds Style:

I said a Big Mac and Fries

I said a Big Mac and Fries

I said a Big Mac and Fries and dont forget to Super Size.

Photographer Style:

I said a zoom clicka zoom.

I said a zoom clicka zoom.

I said a zoom clicka Smile Watch the Birdie clicka zoom.

End of the World Style:

I said a Doom Chicka Doom.

I said a Doom Chicka Doom.

I said a Doom Chicka *Huge Explosion Noise* Chicka *Huge Explosion Noise* Chicka Doom.

Homie Style:

I said a grill shiny grill

I said a bling chicka bling

I said a Honda Civic rims a-spinnin' on my Limousine

Fonzie Style:

I said a vroom chicka vroom

I said a vroom chicka vroom

I said a vroom chicka aaaaaaye chicka aaaaaaye chicka vroom

Thunderstorm Style:

I said a boom crasha boom

I said a boom crasha boom

I said a boom crasha flasha crasha flasha crasha boom

Space Style:

I said a space chicka space

I said a space chicka space

I said there's a Pluto there's a Mars there's the Earth and there's the stars

Surfer Style:

I said a dude chicka dude

I said a dude chicka dude

I said a dude chicka wipe out chicka WHOA chicka dude

Conservation Style:

I said a tree hug a tree

I said a tree hug a tree

I said save the whales, save the gas, save the water, hug a tree

Librarian Style:

I said a book read a book

I said a book read a book

I said a book choose a novel, keep it quiet, read a book

Bee Style:

I said a Bzzzz chicka Bzzzz

I said a Bzzzz chicka Bzzzz

I said a Bzzzz flower nectar pollen honey chicka Bzzzz

Fire Style:

I said a OUCH chicka OUCH

I said a OUCH chicka OUCH

I said a OUCH burnt my finger in the fire Chicka OUCH

Speeder Style:

I said a Vroom Squeela Vroom

I said a Vroom Squeela Vroom

I said a Vroom Theres a Coppa Betta Stoppa Chicka Vroom

Cellphone Style:

I said a call me on my cell

I said a call me on my cell

I said a call me, text me, call me, text me, call me on my cell

Star Wars Style:

I said a zoom chicka zoom

I said a zoom chicka zoom

I said a Luke I am your father Join the Dark Side chicka zoom.