

April Spotlight is.....



This month we learn about spring and taking care of the earth! Water & Vitamins have special jobs to keep our body healthy.

Week 1: Spring is Here! Get on the tractor and take a ride down to the farm. We will see how the farmer takes care of the animals and what they need to be healthy.

Week 2: Water, Water everywhere! Our bodies need water. We take a pirate adventure to find the missing barrels of healthy water. **ARRR....** you ready for a Funtastic adventure?

Week 3: Happy Earth Day! Stars will learn that taking care of the earth is an important job. We work together to clean up the trash and show a helping attitude.

Week 4: Vitamin A! We learn that Vitamin A keeps our eyes healthy. We take an adventure to the jungle to SEE what animals we can find.



**Stretch
Pose-
Wind-mill**

Here's What We Worked On:

Strength Training:

- * Pushups, * Hopping * Squats
- * Lunges * Resistance Bands

Balance & Coordination:

- * Balance Domes * Leaping
- * Throwing & Catching * Fine motor
- * One foot hop & Balance

Aerobic:

- * Jumping Jacks * Running
- * Skipping * Galloping

Exercise of the month:

Push-ups

Muscle of the Month:

Latimuss Dorsi (Lats)