**Month: December 2020**

**Theme:** Fun with Movement Lesson 45

**I. Objective of lesson**:

1. Continue to move in the holiday season

2. Develop a good schedule to have two days a week to move with fun with movement routine and fun activities.

**II. Activities and Key learning points: Time: 30 mins**

Activities and Key learning points

Red team (Center based program)

Blue team (Center/community based programs

Green team (Community Based)

All Centers need to develop routine of moving 2 times in a week during December

1. Get 30 mins of movement in two times a week
2. Incorporate the fun things your center did in the last year.
3. Record in the HLC Binder

**IV. Supplies needed**

1. Supplies for movement or activities
2. HLC Binder

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)