**Month: November 2020**

**Theme:** Move! Lesson 44

**I. Objective of lesson**:

1. To find fun new ways to move in the community and in your center

2. Contact other day program on activities that work best for them or access resources in appendix list to find new things to introduce

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

Activities and Key learning points

Red team (Center based program)

1. Have 2 or three activities to try from indoor games, outside program come in, or plan an outing to like bowling
2. Record in HLC Binder

Blue team (Center/community based programs)

1. Have 2 or three activities to try from indoor games, outside program come in, or plan an outing to like bowling
2. Record in HLC Binder

Green team (Community Based)

1. Access a community gym, community center, or plan to do an activity with another center.
2. Record in the HLC binder

**IV. Supplies needed**

1. Supplies for games or activities
2. HLC Binder

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)