

AGE-APPROPRIATE ACTIVITIES

GRADE 1: A) PHYSICAL (Gross Motor)

Swimming, sliding, swinging, throwing and catching, skipping, tobogganing, building cave or tree houses

GARDENING: raking, planting, plant propagation, weeding

COOKING: breads, biscuits, soups, salads, preserving: drying

B) ARTS and CRAFTS (Fine Motor)

Singing, recorder, rhythm band

Drama: informal plays

Colouring, watercolour painting (primaries)

Handwork: spinning, dyeing, knitting, wool pictures, wet felting

Beeswax modeling, nature table, nature scenes,

Candle-making, paper-making

Toy-making, air, wind, light, earth toys

C) INDOOR GAMES (Social)

marbles, pick up sticks, dominoes, mancala

D) CHORES (Team-building; habit-building)

making own bed, returning toys to their place, sweeping, separating laundry, emptying pocket for laundry, matching clean socks, scrubbing vegetables, feeding pets, setting and clearing the table, doing dishes, dusting, unloading the dishwasher, sorting recyclables, raking and bagging leaves, shoveling snow

E) STORYTELLING/ READING

(see list)

GRADE 2 : (all of Grade 1 list)

A) PHYSICAL (Gross Motor)

Dance, drama, eurythmy, hide and seek

Swimming: diving, climbing

Ball: wall games

Principles of Movement: Co-ordination

Flexibility

Strength

Endurance

Balance

GARDENING: vegetable garden

COOKING: vegetables:

B) ARTS and CRAFTS (Fine Motor)

Paper-cutting, origami, scrapbooking

Handwork: crocheting, weaving

Form-drawing: symmetry

SPEECH: Poetry recitation, foreign languages

SINGING: folksongs, nature songs, family band

Watercolour painting: 7 colours

C) INDOOR GAMES

Birding

Pets

Yahtzee

Uno

checkers

D) CHORES

grinding cereal grains. putting away groceries,
preparing and packing a lunch, watering plants,
emptying wastebaskets, cleaning bathroom sink and
countertop

E) STORYTELLING/ READING

(see list)

GRADE 3: (all or Grades 1 and 2 list)

A) PHYSICAL: (Gross Motor)

Folk dancing, roller skating, ice skating, water survival, kites, frisbee, running (time, distance, speed) survival skills, trampoline, boats and rafts, field ball skills conservation projects, nature skills, camping

GARDENING: herbs, grains, agriculture

COOKING: camp cooking, pioneer skills

HOUSEBUILDING:

B) ARTS and CRAFTS: (Fine Motor)

Papermaking, puppetry, mask-making, musical instruments

Handwork: crosstich, embroidery

Music: violin, musical notation

Watercolour painting: colour family palettes

C) GAMES: Nine Man Morris, Parchesi, croquet

D) CHORES: animal care, preparing and packing a lunch, taking out the garbage, cleaning a bathroom

E) STORYTELLING/ READING

(see list)

GRADE 4: (all of Grades 1,2, 3 lists)

A) PHYSICAL: (Gross Motor)

Skating skills, horseback-riding

GARDENING: bee-keeping

COOKING: meal preparation

B) ARTS and CRAFTS: (Fine Motor)

coloured pencils drawing and shading, celtic crafts, illumined writing, free-hand geometric crafts

woodcarving, felt toys, cane crafts, lapidary, book-making, building skills

C) GAMES: table tennis, chess

D) CHORES: vacuuming, making a bed, laundry, cleaning the refrigerator

E) STORYTELLING/ READING (see list)

GRADE 5: (all of Grade 1,2,3,4 lists)

A) PHYSICAL: (Fine Motor)

Greek gym, pursuit games, bush-walking, surfing, acrobatics,
riding games, racquet games

Kiln-building, shoe-making

alternative energy inventions, inventions

GARDENING: orchard care

COOKING: specialty cooking

B) ARTS and CRAFTS: (Fine Motor)

pantomime

3D molds, tie-dyeing, papier mache

fabric printing, wooden toymaking

C) GAMES: battle re-enactments, Pente

D) CHORES: start dinner, mow the lawn, wash the car,

polish various surfaces with non-toxic polishes

E) STORYTELLING/ READING

(see list)

GRADE 6: (all of Grades 1,2,3,4,5 lists)

A) PHYSICAL: (Gross Motor)

Pairs dancing, performing

caving, climbing, water skills, field athletics, bowling,
circus skills

GARDENING: flower growing

COOKING: nutrition, recipe-gathering and testing, hygiene

B) ARTS and CRAFTS: (Fine Motor)

Song-writing, stained glass, sheet metal

engineering models, architectural models

clothing design and sewing

science experiments

geology studies

set design

family tree, scrap-booking

C) GAMES: Go

D) CHORES: Bicycle care, car care

E) STORYTELLING/ READING

(see list)