

Gymnastics for Girls and 1 Lesson Plan

Time	Activity	Supplies
2 mins	<p>Welcome, Attendance, and Rules: Open the door with a smile and direct the children to take off their shoes, place them in the designated area and have a seat on the blues line. <i>Hello, hello, Hello. My name is Ms. _____ and I am so happy to see each of you! The first thing I would like to do is take attendance so I will know who is with us today, When I call your name, please, say “here”.</i> Check off the students who are present on your roster.</p> <p><i>Okay, now that we know who is here lets go over a few rules so we can stay safe as we have fun in class.</i></p> <ol style="list-style-type: none"> 1. <i>Let’s use our listening ears. To ensure we can hear when the teacher is talking. When the teacher is talking no one else should be talking. That way you can hear the instructions and stay safe.</i> 2. <i>Hand and feet to yourself at all times.</i> 3. <i>If someone is ahead of you on the obstacle course stop and wait your turn. We can get hurt if we are too close to another gymnast. So, if there is someone in front of you, please patiently wait your turn.</i> 4. <i>Please only go on the equip when a teacher is there and says it’s okay.</i> <p><i>Okay, are you guys ready for a wonderful time in gymnastics? If so, Give yourself a huge hand clap and an even bigger Whoo-Hooo!</i></p>	Roster
17 mins	<p>Warm Up and Stretch: Get four cones to make a perimeter to for warm up laps. Stand at the first cone.) <i>We are going to go around the cones as we warm up our bodies.</i> Choose a line leader. _____ <i>will you be our line leader and stand behind the first cone?</i> After line leader is in position. <i>Can everyone else come and line up behind _____.</i></p> <p>Turn on KidzBop music.</p> <p>Do laps around the cones</p> <ul style="list-style-type: none"> • Run • Gallop • Skip • Side step • High knees • Tip toes <p><i>Great laps, guys! Give yourself another huge handclap and an even bigger Whoo-Hooo! Everyone go and have a seat on the blue line.</i></p> <p>Pick up cones when done.</p> <p>Get your spots and place a spot on the mat for each child.</p> <p><i>Okay. Everyone find a spot and sit on it. Alright! You guys, ready? Here we go!</i></p> <p>Sit on mat in front of children so you can model stretches.</p> <ul style="list-style-type: none"> • <i>Reach up high</i> • <i>Point and flex toes</i> • <i>Ankles round and round</i> • <i>Show me a straddle.</i> Sit up spread leg apart. • <i>And make some noise.</i> Drum hands on floor. • <i>And slide your hands forward.</i> • <i>Arms up high</i> • <i>And toe touches 10x</i> • <i>Stretch all the way over to one toe</i> • <i>Then all the way other to the other side</i> • <i>Now butterfly wings.</i> 	4 cones Spots

- *Let's flap, flap, flap our wings and fly far away. When I call your name, tell me where you would like to fly away to.* Call each child's name and give them the opportunity to tell where they would go if they could fly away.
 - *Alright, everyone! Time to make a table*
 - *And can you wave "Hi"?* Wave with one hand.
 - *How about with the other hand?* Wave with other hand.
 - *Can you show me a dancing table?* Kick legs up.
 - *Sit down and legs together!*
 - *Legs up. V sit! Legs down* Repeat 2 times
 - *On your hands and knees. We are going to contract and release.* Repeat 2 times
 - *One leg out behind you. Opposite arm out. And hold.*
 - *Other side*
 - *Time to lay on our bellies. Arms out in front of us. We're going to be super kids. When I say Super Kids up, we are going to lift our arms and legs up like this and fly away! You ready. Super Kids Up! Fly away! And down!* Repeat 2 times
 - *That was a lot of work! Let's go to sleep. But on the count of three we are going to wake up.*
 - *1, 2, 3. Wake up! Good Morning!* In push up position. Repeat 2 times
 - *Watch me. Jump in. Jump out.* Repeat 2 times
 - *Alright! Time to sit in out squat. Then we are going to blast up when we countdown from 10. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, BLAST OFF!* Jump up with hand to the sky. Repeat 2 times
- Wow! You did it! Now, give yourself another huge handclap and an even bigger Whoo-Hooo*
- Arms out. Arm circles. Forward. Count to 10. Backward. Count to 10.
 - *Now, clap front and back.* Repeat 2 times
 - *Shrug your shoulder like you are saying, "I don't know."*
 - *Nod your head like you are saying, "Yes, Please."*
 - *Turn your head side to side like you are saying, "No, Thank you!"*
 - *Hands on your hip and twist.*
 - *Arms out and twist like a helicopter.*
 - *Arms Side to side like an airplane*
 - *Feet together. Arms up. Straight like an arrow. On your tippy toes. Hold it.*
 - *Nice! Now bend over and touch your toes.* Count to 10.
 - *Let's work on some jumps. Legs together. Arms up. Straight Jump!* Repeat
 - *Now tuck jump!* Repeat
 - *Jump out. Jump in.* Repeat 2 times
 - *Jumping Jacks.* 5x
 - *Balance on one foot*
 - *Other foot.*
- Freeze! Now we are going to do a little puppet dance. Our puppet has five stings. The first string is your arm. Can you move your arm like this?* (Offer praise)
- Repeat for other four strings then put it all together for a full body warm up.
- 5 strings**
- Arm
 - Other Arm
 - Leg
 - Other Leg
 - Head
- Then do all the strings



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	<p><i>Now let's move all five strings and FREEZE! (repeat 2 times)</i></p> <p><i>Wow! You did it! Now, give yourself another huge handclap and an even bigger Whoo-Hooo!</i></p> <p><i>Now let's bye-bye to our spots and place them neatly back in the spots box. When you put your spot away, have a seat on the blue line.</i></p>	
10 mins	<p>Skill of the Day: Turn off the music. Model the skill of the day. Then have one volunteer attempt the skill of the day while the other children watch. Turn on the music. Then have children line up to complete the skill of the day. Ring bell when Skill of the day time is over. Turn off the music.</p>	Bell
3 mins	<p>Review of Obstacle: Turn off the music. Model the obstacle course. Then have one volunteer go through the obstacle Course while the other children watch</p>	
18 mins	<p>Obstacle Course: Turn on the music. Then have children line up to complete the obstacle course. Ring bell when obstacle course time is over. Turn off the music.</p>	Bell
5 mins	<p>Review, Bubbles and, Closing</p> <p><i>Please, have a seat on the blue line. Thank you. Who can name the skill of the day? Give a child an opportunity to answer. Wonderful! Remember Practice makes you better and things easier and you can do anything you believe you can do with hard work and practices. Now, you have worked so hard today, let's celebrate with some BUBBLES!!!</i></p> <p>Play Bubbles song. Blow bubbles as children pop them. Pause Bubbles song.</p> <p><i>Huddle time!!! Let's bring it in. On the count of three say, "_____". Give yourself a hand clap and a big Whoo- Hooo. That was Gymnastics and you guys were AWESOME!!!!!!</i></p>	Bubbles