



Parent and Child Gymnastics Lesson Plan

Time	Activity	Supplies
5 mins	<p>Open the Class: Turn on music. Open door. Ask parents and children to remove shoes. Invite the families to engage with each other in free play. Ring bell when Free Play time is over</p>	Bell
5 mins	<p>Welcome, Warm Up: Turn off music. Sing Everybody Have a Seat as you place a circle spot for each child on the floor forming a semi-circle. <i>Give yourself a huge hand clap and an even bigger Whoo-Hooo! Very nice job finding your seat and sitting on the floor. Good morning! Good morning! I am Miss _____ . Welcome to Parent and Child Gymnastics. I am so happy to see you all today. Before we began, I would like to go over a few housekeeping items.</i></p> <ol style="list-style-type: none"> <i>Please, stay in close proximity of your little ones during class time and keep a particularly close eye on your little ones while on the equipment.</i> <i>Whenever you see the black "X" that means stop. (Point to the "X" at the start of the tumble mat.)</i> <i>Always one child at a time on the tumble track and other equipment.</i> <i>And make sure the children are going in the same direction on the obstacle course so we can avoid any collisions.</i> <p><i>With said being said, if you are ready for a rockin' good time in gymnastic. Please, give Ms. _____ another huge handclap and an even bigger Whoo-Hooo!</i></p> <p>Have a seat at the front of the semi-circle.</p> <p><i>It's time to sing our Welcome Song. Put your feet out in front of you and put your hands up. Let me you're your hands! Let me see your feet! Here we go!</i></p> <p>Sing Welcome Song while clapping. (Sung in the tune of Twinkle Twinkle Little Star)</p> <p>Welcome, welcome, everyone Now we're here, let's have some fun. Fist we'll clap our hands like so. Then we'll reach and touch our toes. <i>(stretch to touch your toes)</i> Welcome, welcome, everyone Now we're here, let's have some fun.</p> <p><i>Great singing and stretching, class!!! Give yourself a huge hand clap and an even bigger Whoo-Hooo! Now let's get up, up, up on our feet and get ready to warm up our bodies! Okay, guys! Let's pretend we are puppets. Our puppet has five stings. The first string is your arm. Can you move your arm like this?</i> (Offer praise)</p> <p>Repeat for other four strings then put it all together for a full body warm up.</p> <p>5 strings</p> <ol style="list-style-type: none"> Arm Other Arm Leg Other Leg Head <p>Then do all the strings</p> <p><i>Now let's move all five strings and FREEZE!</i> (repeat 2 times) <i>Wow! You did it! Now, give yourself another huge handclap and an even bigger Whoo-Hooo!</i> <i>Now let's bye-bye to our spots and place them neatly back in the spots box.</i></p> <p>Give children the opportunity to put spots away while singing Bye-bye, Spots.</p> <p><i>Thank you, Super Helpers. Let's give our Super Duper Big Kids Helpers a huge hand clap and an even bigger Whoo-Hooo! Alright, everyone! Now let's have some Free Play FUN!!!!</i></p>	Spots

10 mins	<p>Free play: Turn on the music. Walk around and engage families and children as they play. Ring bell when Free Play time is over</p>	Bell
7 mins	<p>Stretch: Turn off music. Ring bell. Sing Everybody Have a Seat as you place a circle spot for each child on the floor forming a semi-circle. Get egg bag. <i>I have something in my bag. Whatever could it be? I have something in my bag. Want you come and see!</i></p> <p>Pass out eggs. Once children and parents have all gotten eggs, put your egg bag down and have a seat on the mat at the front of the semi-circle.</p> <p><i>Give yourself a huge egg shake and an even bigger Whoo-Hooo! It's time to stretch!</i></p> <ul style="list-style-type: none"> • <i>Can you stretch up high, up high to the sky?</i> • <i>Now, touch your toes.</i> <p>Repeat both stretches</p> <ul style="list-style-type: none"> • <i>Show me how you make a butterfly.</i> • <i>And can you flap, flap, flap your wings?</i> • <i>And on your knees?</i> • <i>And stand up, up, up.</i> • <i>Can you balance on one leg?</i> • <i>Can you balance on the other leg?</i> • <i>Show me how you shake your eggs on your shoulders.</i> • <i>And now, all the way down to your toes.</i> • <i>And feet apart!</i> • <i>And arms up!</i> • <i>Now shake your eggs on one foot.</i> • <i>And arms up!</i> • <i>Now shake your eggs on the other foot.</i> <p><i>Great job stretching! Now give yourself a big egg shake and an even bigger Whoo-Hooo! It's time to say bye-bye bye to our egg shakers.</i></p> <p>Give children the opportunity to put eggs away while singing Bye-bye, Eggs.</p> <p><i>Thank you, Super Helpers. Let's give our Super Duper Big Kids Helpers a huge hand clap and an even bigger Whoo-Hooo!</i></p> <ul style="list-style-type: none"> • <i>Alright, everyone! Show me how you make a table</i> • <i>And can you wave "Hi"?</i> Wave with one hand. • <i>How about with the other hand?</i> Wave with other hand. • <i>Can you show me a dancing table?</i> Kick legs up. • <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>Touch your toe.</i> • <i>Then touch your other toe.</i> • <i>Time to lay on our bellies. We're so tired. It's nap time. But on the count of three we are going to wake up.</i> • <i>1, 2, 3. Wake up! Good Morning!</i> In push up position <p>Repeat</p> <p><i>Then fly away like Super Kids!</i> On bellies with hands and feet up</p> <p>Repeat</p> <p><i>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!</i> Jump up with hand to the sky</p> <p>Repeat</p>	Spots Eggs

	<p><i>Wow! You did it! Now, give yourself another huge handclap and an even bigger Whoo-Hooo! Now let's bye-bye to our spots and place them neatly back in the spots box.</i></p> <p>Give children the opportunity to put spots away while singing Bye-bye, Spots.</p> <p><i>Thank you, Super Helpers. Let's give our Super Duper Big Kids Helpers a huge hand clap and an even bigger Whoo-Hooo! Alright, everyone! Now, it is time for skill of the day!!!!</i></p>	
<p>10 mins</p>	<p>Obstacle Course: Review obstacle in course then allow parents and children to navigate the course. Turn on the music. Walk around and engage families and children. Ring bell when obstacle course time is over. Turn off music.</p>	<p>Bell</p>
<p>6 mins</p>	<p>Parachute and Bubbles:</p> <p><i>I have something in my bag...whatever could it be... I have something in my bag, won't you come and see parachute, parachute!!.</i> Allow the children to spread out and hold the handles of the parachute. Point out the four colors on the parachute. (Red and Yellow, Green and Blue) <i>Now we are going to sing a song about the color red and yellow, green and blue.</i></p> <p>Sing Song</p> <p><i>Let's give our parachute a huge parachute wave and an even bigger whoo-hooo!!! Now lets play one of my favorite games Peek A Boo Extreme!!</i> Shake the parachute. <i>And shake it and shake it and shake it, and peek a boo. Peek a boo, I see you and you and you!!!!</i> Repeat <i>Let's give our parachute a huge parachute wave and an even bigger whoo-hooo!!!</i></p> <p><i>Now it is time for our favorite KinderJam snack! Popcorn!!! Shake it up!! Shake it up!!! Were popping the popcorn!</i></p> <p>Place the ping pong balls in the center of the parachute and Sing song</p> <p>Pop, Pop, goes the popcorn Pop, Pop, goes the popcorn Pop, Pop, goes the popcorn Yum, yum, yum, in my tum, tum, tum</p> <p>As the children are shaking the parachute. Encourage the children to pop them high. When all the balls have popped off the parachute sing.</p> <p>Gobble, gobble, gobble, goes the popcorn Gobble, gobble, gobble, goes the popcorn Gobble, gobble, gobble, goes the popcorn Yum, yum, yum, in my tum, tum, tum</p> <p>Sing song until all the ping pong balls are up.</p> <p><i>Good job super clean-up helpers! Let's give a huge hand clap and an even bigger Whoo-Hooo to our super clean-up helpers. Now it's time for bubbles, bubbles for everyone!! Play Bubbles song.</i></p> <p>Blow bubbles as children pop them. Pause Bubbles song</p>	<p>Parachute Ping pong balls Bubbles</p>
<p>2 mins</p>	<p>Closing: Play Today, Yesterday and Tomorrow. <i>Now it's time for Miss _____ favorite part of the day. Hug, hugs for everyone!!!! Starting with the most important hug...hug yourself for doing such a great job in KinderJam. Hug Mom or Dad for bringing you out today. Hug a classmate, if you like. And I have stickers, stickers for everyone.</i> Give out stamps. <i>Give yourself a hand clap, a big ole Whoo- Hooo, and a Big Fat Juicy Kiss!!!! That was Parent and Child Gymnastics and you guys were AWESOME!!!!!!</i></p>	<p>Stamps</p>