

Magic Tumble Bus lesson plans for March 2010

WINTER OLYMPICS WEEK!!!

Warm up: March around the bus to the Olympics music.
Pretend to be on skis, tuck, jump, turn, and go on moguls

Skills: Full turn jumps on trampoline like spinning on ice skates.
Toboggan sled down slide
Ski around on top of rainbow mat.
Ice skate on orange dots down cheese wedge.

Balance Beam Week:

Song: Head Shoulders Knees and Toes (Frontward and backwards)

Warm up: on floor, practice airplane arms, practice coupe' walks, practice releve' walks, Practice V-sits.

Skill: with three beams in a Z shape: 1st beam is inclined to wheel well- deep lunge steps over toys. 2nd beam straddling wheel wells – pose in flamingo and arabesque. 3rd crayon beam flat on floor – forward rolls on beam, have children hold the sides of the beam.
With two beams in parallel: let the children try coupe' and releve' walks on the beams two at a time and allow them to hold hands to help balance each other and encourage social development/trust/teamwork.

Teaching notes: Make sure to tell the children “Then turn right onto the green balance beam/left onto the blue crayon/up the grey balance beam, over the wheels” to better develop sense of directions/relations/colors. Ask the children how many toys they lunged over, how many steps they took. If class is advanced, ask for them to go backwards through the lesson. If children are very young, teach them one beam at a time as three beams would have too many steps for them to process.

Bolt the Super Dog!

Warm up:

Rhino Squats, Zoom Zoom like Bolt, Pigeon walks/neck stretches, super bark, Rhino roll races

Lesson:

Roll in hamster ball – “I eat danger for breakfast!”

Super bark to knock over the wall (wedge mat)

Doggy drops on the trampoline

Mittens walks across balance beam

Crawl through the fire (red tunnel) to get to Penny

Knock over the green eyed man (mailbox) and save Penny!!!

Dance Party Week!

Warm up:

- ◆ 16 dances song- they each get two scarves to dance with
- ◆ Learn the different ballet positions
- ◆ Stretch on the “ballet bar” (big beam, use both sides)

Lesson:

Keep fun “dancey” music going through the whole lesson

- ◆ 8 counts of free dance on the “dance floor” (unfolded stack mat)
- ◆ Leap over/onto the butter
- ◆ Break dancing on the umbrella mat (teacher spins student on his/her back)
- ◆ Walking backwards on the balance beam with wavy arms in front, shoulders go up and down.

Leave time after discovery time to sing the shirt song before stamps