

Play Gym & Tyke Gym Plan for 4/1- 4/4 & 4/6-4/11 (Weekly Plan)

Reminders:

- SCHOOL'S OUT PLAY
- CLOSED 3/27, 3/30 & 3/31!
- Go over ground rules along with the structure of the class:
 1. Circle Warm-up with hello song and warm-up.
 2. Circuit independent time with caregiver: TRYING TO FOLLOW THE # ORDER WAITING FOR THE NEXT CORRESPONDING STATION. 6 to 7, 4 to 5..working on stations to help achieve developmental milestones
 3. End of Class ACTIVITY: can vary between songs, puppets (we are going to go back to this), or game.

Ground Rules:

1. Ensure we are keeping our friends safe, if a student wanders please grab them by the hand and bring them back to class.
2. If you or your student needs to use the bathroom, please take them and then come back to class.
3. Pictures are welcomed but and texts or phone calls please let a coach know so you can step off to the side.
4. Any disruptions or tantrums please step off til' your student is ready.

Class Activities:

- Week 1: Pick an opening activity or skip, to give time for goodbye/ Goodbye: Peek a boo with scarves and parents
- Week 2: Baby Lap overs/ Goodbye: Dance Freeze Melt

1. **Climbing, sliding down belly, jumping safely:** Climbing course with red and blue blocks, half moon and purple boulder:
 - **Play Gym** parents can help them with climbing across the obstacle course, however they should be turning and sliding down belly facing from the last mat NOT Jumping yet.
 - **Tyke Gym:** Students will try to get across independently and jump down safely.
2. **Jumping open close, side to side, rotating:** Dinosaur feet, with 4 dinosaur puppets and a bucket:
 - **Play Gym:** Students are working on jumping either just onto all the feet together and then week 2 they can try open and close jumps taking the props IF THEY ARE READY.
 - **Tyke Gym:** you will mix them open, close, side to side: They are working on jumping and rotating following the feet with the puppets
3. **Climbing up incline, sliding:** Rock wall and ninja block
 - **Play Gym:** students will climb up with parents holding them and then they will turn and slide down feet first, BUT belly facing the rock wall. If you think they need something for this station, you can incorporate scrunchies they can take to the other side of the rock wall.
 - **Tyke Gym:** will grab a scrunch and parents MUST spot the student as they climb up and over and then week 1 have them follow play gym and slide down feet first belly facing, WEEK 2 they can slide down on their bottom.

4. **Exploratory learning/ sensory play:** 6 little red buckets around top of donut with items under: jingle bell, noise maker, scarf, maraca, frog, squishy item
 - **For both groups** they will do some exploratory fun with the parents, they can pick up buckets and look whats underneath and play with the items, they can be inside the donut or outside of the donut.

5. **Hand-eye coordination:** 1/2 cones, 6 of them taped to wall or cheese, matching balls or pom poms:
 - **Play Gym:** parents will hold their student and help them recognize the colors and put the prop into the matching spot
 - **Tyke Gym:** will start independently trying to get them into the matching cones

6. **Climbing, bear walk, and sliding:** Trapezoid long ways, with slide:
 - **For both groups** they will climb up the trap, and crawl or bear walk across, then go down the slide.

7. **Balancing, inline walks:** Double beam, trapezoid, 4 shape bean bags, chalk shape drawings at the end
 - **Play Gym:** parents will hold their student as they crawl up the beam, if they are ready, helping them match the bean bag if they are ready,
 - **Tyke Gym:** will bear walk if they can up the beam taking bean bags to the other side.

8. **Cheese mat:** Forward rolls

Parents are utilizing the football hold technique to work on forward rolls with their students. As they are ready, they can start in a standing straddle and roll down the cheese.

