

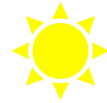
Play Gym & Tyke Gym 4/27-5/2 & 5/4- 5/9 2026  
WEEKLY PLAN

Reminders:

- Closed Wednesday 4/29 & Thursday 4/30
- Starting Friday- New month, introductions, names, ground rules and expectations
- 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,

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: Warm-up: Song w/ props: Shakers, song will be uploaded to slack by Tuesday
- Week 1: Goodbye: Song time with puppets. Instructions: Give every student a puppet and have them follow along as you sing. You can pick the song.
- Week 2: Warmup: Pike & Straddle stretches w/ maracas ( can do this w/ TG also) tap middle and sides w/ maracas
- Week 2: Goodbye: for this you will need a ball, and you will line up their circles, this way the students are in a line. Have everyone try a bear scale, & The parents will take turns trying to roll the ball through all of the students.

1. FUN FACT: Balance and proprioception: To hold an unbalanced object without falling or dropping it, one relies on their sense of balance and proprioception: Bumper Beam, Pool noodle with 2 paper plates taped and a ball on each plate
  - Play Gym: Students will stand on the FLOOR or bring out a velcro beam, (they can stand on the bumper beam for a challenge) but they will hold the pool noodle and the parents will

place each ball onto the plate one at a time while the student works to keep them balanced and not drop them for 5 seconds.

- **Tyke Gym:** will hold the pool noodle and try to walk across the bumper beam without dropping the balls.
2. **Core strength, learning to activate core fro standing up with no hands and front tucks later, bar core strength :** Cheese Mat, with rings at the bottom and a singular cone at the top.
- **Play Gym:** Students will work on laying on the cheese, the parents will give them a ring and they are just reaching above their head to try to put it onto the cone.
  - **Tyke Gym:** will lay on the cheese with their back flat, feet on the floor and head toward the top under the cone. Parents will hold their Childs feet as they do a "sit-up" and grab the ring and then lay back to put it on the cone above their head.
3. **Foot Coordination, and Fine Motor Skills (putting the scrunchie on the cone):** Wood Ladder, domino mat and 3 scrunchies to take to cones
- **Play Gym:** Grabbing the 3 scrunchies at once they will walk through or attempt to climb over the ladder to take the scrunchies to the cones. The ladder should be on the floor or one side elevated only depending where the kids are developmentally
  - **Tyke Gym:** will grab the 3 scrunchies as well but for a challenge they will put their hands and feet on the ladder, it should be elevated on one side by a mat and then they can take the scrunchies to the other side.
4. Rolling an object, imagination, cardio: Animal dice and square drawn with chalk for activity to be done inside.
- **Play Gym:** will work on just rolling the dice and then parents can model the animal activity if their student is ready to follow along
5. **Vestibular System stimulation:** Pac-man upside down, with larger cheese mat
- **Play Gym:** is sitting on hands and knees and rocking back and forward, and crawling down the cheese
  - **Tyke Gym:** will rock back and forward on their knees as well, and then can crawl to a forward roll down the cheese
6. **Hand-eye coordination:** Corn hole and small bean bags, with a poly spot to stand on:
- **Play Gym:** will stand up right in front of the corn hole, and drop them into the holes, and work on throwing if they are ready.
  - **Tyke Gym:** will work on standing on the poly spot and working on aiming and throwing the bean bags into the holes. If that's easy, they can work on trying to balance on 1 leg simultaneously.

7. **Brain Development:** Floor Beam, and rubber hands or velcro hands, scrunchies and cones that match-
  - **Play Gym:** parents should work on having them “bear walk”, hands will be on the beam and feet will be off on the sides, going across matching the scrunchies to the cones. .
  
8. **Jumping/ Putting things in a designated area:** 4 square color mat, and fruit with basket
  - **Play Gym:** walk across or try to jump across if they are more advanced and put the fruit into the basket
  - **Tyke Gym:** will jump from one color to the next and take the fruit across as well.

