

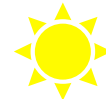
Play Gym & Tyke Gym 4/13-4/18 & 4/20-4/25, 2026 WEEKLY PLAN

Reminders:

- Gymnast of the month, week of 4/20-4/25!
- On 4/22 & 4/23 remind our families about our 5th day closures 4/29 & 4/30!
- 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:* Warm-up: You choose what activity you would like to do, but write it in your warm up!
- *Week 1:* Goodbye: Freeze Dance! Bring out as many hoola hoops as their is kids, and have parents and students dance around the hoola hoops. When the music stops they must find a hoola hoop and sit inside of it.
- *Week 2:* Warmup: Get each student to balance 1 ball on the top of a flat cone (TG) Play gym can just grab a ball, have them walk a specific distance and drop their ball in the bucket. Hooray! All done! Can also color coordinate to get the ball to match buckets, depending on space and time.
- *Week 2:* Goodbye: Independent Play! Pick some items you want your students to use and what will engage them. As students get comfortable, parents will start stepping back until

1. "Obstacle course climbing" and forward roll progression: Domino Mat, Trapezoid, Edged donut standing up and cheese mat
 - Both Groups will work on climbing through the donut, however for PLAY GYM parents should be doing the football hold as needed/ helping make sure their head is tucked in as they roll. For TYKE GYM they will try rolling independently with little help from their parent.
2. Climbing, core strength, grip strength : Rope Tied to monster block with cheese mat in front

- **Play Gym:** Students will first hang from rope and then if ready parents can help them climb up the rope.
 - **Tyke Gym:** will have parents assist with the student trying to pull themselves up the rope and climb up as high as they can.
3. **Balance, wobble board, crawling:** Stairs, laser beam on p. Bars (like ninjas)
- Students will crawl cross the wobble beam and parents will hold their hips as they go across.
4. **Color recognition and letter recognition in early childhood development enhances cognitive, language and visual-motor skills. They foster object recognition, descriptive language and early literacy skills:** (foam letters to spell out spring with a red, yellow, orange and green hoola hoop and the bosu ball + Tyke gym add in the foam alphabet spots as well.
- **Play Gym:** will take the foam letters and match them to the color of the hoola hoop and then parents can verbally tell them the letters so they can start learning
 - **Tyke Gym:** you will place the foam circles out, and parents will help them with the letters and matching to the corresponding letter.
5. **Motor Skills, coordination, and sensory integration. Mini Trampoline**
- **Both groups** are working on trampoline jumps, play gym may need more parent support then tyke gym and you can challenge tyke gym with open and close jumps.
6. **Hand-eye coordination, Color Coordination:** Squeaky spot to stand on, 4 big buckets (red, yellow, green and blue) and 4- 8 balls that match the buckets, panel mat standing up like a tee-pee:
- **Play Gym:** will have their parents hold them to help them see over the panel mat and roll the balls down the mat into the correct bucket.
7. **Vault Drill, color coordination, path following, running:** 8 cones separated into 2 creating a pathway with a trapezoid on one side and a poly spot with a bucket:
- **Play Gym:** students will run towards the trapezoid where they will climb up on the trap and drop off the item to the bucket (which will be sitting on the trapezoid)
 - **Tyke Gym:** Students will run towards the trapezoid, put their hands down and flank/side hop over the trap to the other side and drop their prop into the bucket.
8. **Fine/Gross motor skills: this strengthens communication between the brain's hemispheres, fostering essential motor skills.** 2 hoola hoops, and 4 BB's or puppets depending on the kiddos and what will be successful.
- **Play Gym:** can attempt to use their feet but if you feel like that's unsuccessful you can use tongs to go from hoola hoop to hoola hoop.

- Tyke Gym:

