



Tumble Tykes and Tumble Kids Lesson Aug 17-22, 2026

Reminders of the week:

- THIS WEEK IS DRESS-UP WEEK
- Please make sure we are using our facial expressions and body language to model to our parents the engagement with their kiddos!

Theme of the month:

CAREERS/ WHEN I GROW UP...

Events of the week:

BEAM AND FLOOR

WARM-UP:

Chef it up: Partners will run and grab a food item to create a meal.

BEAM:

1. STATION 1: DOCTOR'S HERE: Single beam, Stethoscope:
Tumble Tykes will work on walking forwards and will take the stethoscope and check the Teddy Bear's heart and then come back and switch with their partner. For **Tumble Kids** they will walk backwards trying to learn how to feel the beam behind them.
2. STATION 2: SOARING THROUGH IEGA (PILOT): domino mat, 2 black 1/2 balance board: Students will balance/ fly for **Tumble Tykes** you can have them sit on it to balance or stand for a challenge, and for **Tumble Kids** you can have them stand and "fly" This is working on balance and coordination. If they struggle, having them stand tall, keeping their body together to help them balance.
3. STATION 3: BAKER BALANCE: Beam, frisbees, cupcakes:
You pick how you would like your students to walk across and take a cupcake to the oven.
4. STATION 4: **Tumble Kids** ONLY SPOTTING STATION: 2 Red Trapezoids to elevate a single beam, purple landing mat and a planet to land on:
You will use this station to TEACH them how to properly get up on the beam, butterfly fingers, horse sit, toes back, etc.

FLOOR:

1. STATION 1: CLEAN UP CREW: panel mat, block, paint brush:
This station is working on their rock and roll so you will write on a mat with chalk, students will hold the paint brush, rock and roll on a panel and then try to clean up the drawing with a paintbrush. They will take turns with heir partner trying to get it finished up.
2. STATION 2: WASH YOUR COLORS: Cheese mat, designer vest, and paint colors:
Students will do a walk up handstand and pick what colors to paint with, lifting their hand and tapping that color.
3. STATION 3: DENTIST ROLLS: panel mat, squishy teeth.
Tumble Tykes twill stand ON the panel, teeth under chin or between feet and roll across. **Tumble Kids** will start on the floor which makes it harder because they have to push themselves up and across the panel.

4. STATION 4: **Tumble Kids** ONLY ARCHITECT BUILD: Panel mat, architect vests: Students are working on bridges (building a tower) and rock and rolls

