

Play Gym and Tyke Gym Plan for 1/5-1/10 & 1/12-1/17, 2026 (Weeklong plan)

Reminders:

- 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: Flying with a backflip/ Itsy Bitty Spider
- ★ - Week 2: Baby Bear Scale / Circle Time with parachute- color matching onto the colors, popcorn game with ball pit balls, create a dome with parents help.

1. **Spatial awareness and Developing Problem-Solving abilities:** Rock Wall: Block and medium cheese mat
 - **Both groups** will climb up the rock wall and roll down, for **Play Gym** parents can help with the football hold if they need help.
2. **Hand-eye coordination/Balance:** Floor Beam, Basketball hoop and 2 balls.
 - **Play Gym:** will walk on the beam and take the ball to the basketball hoop.
 - **Tyke Gym:** will work on trying to walk while rolling the ball across the beam to the basketball hoop.
3. **Jumping/ Putting things in a designated area:** Hopscotch, cones and ribbon sticks
 - **Play Gym:** MOVE HOPSCOTCH, they will just take the cones and put them into the cones for week 1, for week 2 you can include the hopscotch and step or jump onto the squares.
 - **Tyke Gym:** will jump from number to number OR do open and close jumps across and then they will put the sticks into the cones.
4. **Spatial awareness and jumping:** red block, 4 squeaky spots
 - **Play Gym:** will work on safely stepping across all the squeaky spots (no red block)

- **Tyke Gym:** will work on donkey kicks, one foot on each spot (only using 2 squeaky spots)
5. **Following Pathways: Coordination, Aim, Kicking develops when motor and sensory skills join together ... Around 15 months, they can practice kicking a ball with your assistance:** Ball, block and cheese mat with different smileys on it.
- **Play Gym:** they can try two different things- if they are not ready to throw and aim they can roll the ball to the cheese mat, if they are ready trying to throw or kick the ball to the cheese mat on the wall
 - **Tyke Gym:** will work more on aiming and try to toss or kick the smiley faces with the ball.
6. **Hand support, spatial awareness (upside down):** Purple ninja mat, 1 set of hands:
- **Play Gym:** for play gym I would reiterate to parents that most of them wont do a handstand and really this is just to ge them used to being upside down so parents will hold at the hips and kids will try to “do a handstand”
 - **Tyke Gym:** they will be putting their hands on the floor FIRST and then parents can support at the hips as they try to walk up to a handstand and then walk back down.
7. **Body awareness, crawling:** Red tunnel (rumblers to hold it still)
- Both groups can crawl through the tunnel, you can also place props inside that they have to grab as they crawl across OR have them push the ball back and forward with their grown ups!
8. **Gross Motor Skills: Pushing bigger objects actually works on self-regulation, attention, focus and body awarenes:** blue small barrel (play gym) and blue half moon (tyke gym)
- **Play Gym:** they are going to work on rolling the blue barrel through the cones, to their grown up, who should be a small distance across the floor.
 - **Tyke Gym:** will push the half moon through the cones and then pushing back to the starting point.

