



Tumble Tykes and Tumble Kids Lesson Aug 3-8, 2026



Reminders of the week:

- First day of the month- introduce yourself, call out names
- Pass out Calendars
- Share theme of the month with students and parents.
- Review 3 Big Gym Rules.



Theme of the month:

CAREERS/ WHEN I GROW UP...

Events of the week:

BEAM AND FLOOR

Theme of the month is Careers & what I want to be when I grow up, so talk with your kiddos during your warm ups this month about the careers they will be seeing in class that week based off of the stations.

WARM-UP:

For Warm-up this week we will one, take time when calling out students to ensure they know who you are and where their bags go. I would also go over their names and do a small welcome to my class- For cardio you can pair them in partners and do running and hopping and galloping to their other side and back.

BEAM:

1. STATION 1: MAIL DELIVERY (POSTAL WORKER): 1/2 moon, mail, cones for "route" and mailbox. For this station we are being a postal worker and we are putting all our envelopes into the bag, and putting on our mail delivery vest: pushing their car to the mailbox and picking which envelope to deliver and then giving their partner the bag.
2. STATION 2: COOKING IT UP (CHEF): Bosu Ball, Barrel or green mailbox (for table), Frisbee (plate), fake food, vests and cooking spatula: you can pick and choose which way you want them to balance: standing on round pink part or flipping it over to balance and stand on the black, **Tumble Tykes** will use two feet to balance and work on "cooking up a meal" picking 3 items to put on their plate, for **Tumble Kids** they can try 1 foot if a challenge is needed depending which way they are balancing picking 4-5 items to "cook".
3. STATION 3: FIGHTING FIRE (FIREFIGHTER): Single beam, vests, cones with "fire"(red and orange scarves) and a hose (pool noodle with tissue paper). For **Tumble Tykes** put the fire on one side of the beam, and students will go sideways and put out a fire as they walk along the "Roof of the building" and for **Tumble Kids** they will go forwards so we will put 2 fires on each side of the beam.
4. STATION 4: **Tumble Kids ONLY** TRUCK DRIVING: Incline Single Beam, Trapezoid on one side and frisbee turned into steering wheel- They can do regular forward walks or Tippy toes up the mountain road.

FLOOR:

1. STATION 1: TEETH CLEANING (DENTIST): Med. Red block, velcro hands, laminated teeth and giant toothbrush. For **Tumble Tykes** they will start with walking their feet up to the block, hold a handstand

and then use the toothbrush to brush the teeth for 5 seconds. For **Tumble Kids** they can do the same but switch hands and do 5 seconds with one hand and 5 seconds with the other.

2. STATION 2: ALPHABET ROLLS (TEACHER): Cheese mat, vests, squishy alphabet and foam letters: **Tumble Tykes** will be learning how to do forward rolls, and then you can have them put the alphabet above their head and try to stand up with no hands. For **Tumble Kids** they can do backward rolls.
3. STATION 3: TRAIN TRACK CARTWHEELS: Students will be conductors going through the trains tracks while working on progressions to a cartwheel. For **Tumble Tykes** they will flank their way through the train tracks hopping from one side to the other, while **Tumble Kids** will do their “cartwheels” trying to lunge I their start and their finish.
4. STATION 4: **Tumble Kids ONLY**: DRIVING TEACHER: Students will work with their partner and be their driving teacher. They will tell the student what number to park in and the student will sit in a V-sit position and hold it for 5 seconds.

