

## Play Gym & Tyke Gym Plan for PGTG 4/4 & 4/11, 2026 (sat only 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:* Football hold, and forward rolls/ Goodbye: Head, shoulders, knees, toes in a pike
- *Week 2:* Circle Time with their own spots - Trace Shape, color, make a pizza, stand and balance on one foot, plus you write 2-3/ Goodbye Game- students and parents can do tug o' war with the big white rope (fun activity) for Play gym you can modify if they are too small.

1. **Shuffling themselves/fine motor skills:** mini parallel bars, and 2 jingle bells attached.
  - **Play Gym:** parents can help them with pushing the jingle bells across forward and then backwards for a challenge. Feet on the floor.
  - **Tyke Gym:** Students will put their hands on one bar and feet on the other, if they do not have grip socks they should remove their socks and parents will hold their waist as they shuffle side to side. If that's easy, week 2 you can challenge them with shuffling one jingle bell across with their hands as they go across.
2. **Balancing, stepping over items:** Floor beam, 4 squishy fruit props:
  - **Play Gym:** Students will take a prop and walk across the beam to take it to the bucket. If that's easy you can see if they are ready to step across the beam over the props but if they can't step over items on the floor regularly, I would not do the props on the beam.
  - **Tyke Gym:** will walk across the beam, stepping over the fruit as they go across.
3. Balance when unbalanced, number recognition, counting: Wobble Dragonfly, velcro numbers 3,5,7 and number bean bags to match:

- **Play Gym:** students will hold parents hands and “balance” on the board, matching the number to the number practicing number recognition. (Won’t use the numbers to count)
  - **Tyke Gym:** will grab a bean bag and parents can help them count to the number while they are trying to balance and make the dragonfly fly and then match it to the end.
4. **Hanging, grip strength:** Rings attached to the parallel bars:
- **Play Gym:** for this station it should start with parents holding under the armpits and ensuring they have good grip before lowering them to allow them to try to hang, they should not be dead hanging.
  - **Tyke Gym:** will work hanging from the rings and then if they need a challenge, a tuck hang with parent support.
5. **FUN FACT! SKILL RECOGNITION, IS WORKING ON THEIR COGNITIVE DEVELOPMENT, MUSCLE MEMORY AND MEMORIZATION!** Panel mat, and poly squares with 4 skills- straddle, pike, bear scale and butterfly
- **Play Gym:** will start with just flipping over the square and the parent can model the picture seeing if the student will copy their caregiver
  - **Tyke Gym:** will start with sitting on one color, flipping that same square and copying the picture. We can tell parents to have them repeat the skill as that will help with them learning what they body position is.
6. **Handstand progression:** Stair and hands
- Students Weill put hands down on the hands and walk feet up the stair with strong arms, parents are supporting at the hips!
7. **Grip/ fun station:** Hoola hoop, and slider:
- **Play Gym:** HOW CAN YOU MODIFY THE STATION?
  - **Tyke Gym:** will start with sitting on the slider, they will “hook” the hoola hoop under their knees and then they will hold the bottom of the hoola hoop. Parents will hold the top and pull them, if the students have grip they will slide across the floor.
8. **Stepping, jumping, crossing the midline:** Squeaky spots, 8 cones and 4 balls-
- **Play Gym:** will work on stepping onto all the squeaky spots, working on jumping as they are ready. For the prop they will grab the ball and switch it to the cone on the other side.
  - **Tyke Gym:** They will work on jumping onto all the squeaky spots as they are ready. For the prop they will grab the ball and switch it to the cone on the other side.



