

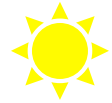
Play Gym & Tyke Gym PGTG 8/1 & 8/8, 2026
SATURDAY PLAN

Reminders:

- Calendars, Talk with parents about the theme of the month, and that the hope is construction is done by the middle of August.
- First Day of the month, introductions, and 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: Circle Time with Cones- trace the shape, color recognition , Put it on your head as a hat, balance, tow of your own!
- Week 1: Goodbye: Freeze Dance
- Week 2: Warmup: Skilldrill: Baby bear scale. Kids stand right above/on parents knees. Parents will bend knees and hold their child's hands while laying back. Child will be in a bear scale position on 2 feet and then can lift one as comfortable.
- Week 2: Goodbye: Independent Play with squishy fruit, puppets & Foam alphabet

1. Motor planning: Following a pathway or pattern to kick the ball requires planning and executing a sequence of movements, enhancing motor planning skills. & Spatial awareness: Children learn about their body in space, ball trajectory, and how their actions affect the ball's movement, improving their spatial awareness. Ball, Pathway with white rope:
 - Play Gym: they are going to work on rolling the ball or beach ball through the rope pathway, they can use their hands first and then if ready try to kick. If they can not yet do that, they can also carry the ball following the pathway, week 1 and roll the ball week 2.
 - Tyke Gym: will attempt to kick the ball through the rope to follow the pathway

2. **Fine motor skills, cognitive development:** Riverstones, Cheese mat with rope and clips with shark keychains(if I can find them in the bin):
 - **Play Gym:** will have all the Riverstone's moved together where they are touching and the students will have parents holding them under the armpits, and assist them with getting across and then using the clip to get the shark to hang from the jump rope
 - **Tyke Gym:** will try to get across with less parent support, and we can space the stones out as needed for a challenge, they will also be using the clip to get the shark to hang from the jump rope
3. **Strong arms, handstand development:** Block and rubber hands, and a sea animal between hands
 - **Play Gym:** Putting velcro hands on the block, sort of like the donut, parents will put their students hands on the block, but grab them at the hips and lift their legs into a "handstand" position
 - **Tyke Gym:** Students will put their hands on the hands, on the floor, and walk their feet up the block to support on the top, ensuring strong elbows and that they look at the sea animal on the floor, so they learn where their hands should be.
4. **Balance-** Half rainbow upside down, and landing mat in front:
 - **Play Gym:** will sit in the rainbow, head on one side and feet on the other, and the parents will rock them back and forth, and parents can give them kisses or high 5's
 - **Tyke Gym:** can do the same as play gym and if they are ready for a challenge, then they can stand on it and balance and then climb down.

Proprioception: This refers to your body's ability to sense its position in space. Using a wobble board enhances proprioception by making your body aware of slight shifts and demanding adjustments to remain upright. **Core Strength:** To maintain balance on the board, you need to engage your core muscles, including your abdominal muscles, lower back, hips, and pelvis. This helps strengthen and stabilize your core.

5. **Wobble board:** # bean bags, and number spots to match
 - **Play Gym:** Students will step on the wobble board, parents should be holding them at the hips, and then as they get down work on number matching, however if that's too much they can also sit on the wobble board, while matching the numbers to the spots.
 - **Tyke Gym:** will try to balance independently on the wobble board, for the number on the bean bag and then match it to the corresponding number on the floor.
6. **Spatial Awareness:** Cheese mat, scooter
 - **Play Gym:** will do one of two things: they can hold the scooter and push it up and down the cheese, or lay on it on their belly and slide down the cheese
 - **Tyke Gym:** will lay on their belly or sit on their bottom criss cross and slide down the cheese
7. **Sensory Input:** The act of rolling a hula hoop across different surfaces, like a floor or grass, provides valuable sensory input for children, stimulating the proprioceptive system (which provides information about body position and movement, Rolling and walking simultaneously

demands significant hand-eye and foot-eye coordination to keep the hoop moving in the desired direction and to adjust walking patterns to avoid collisions: Floor Beam and Hoola hoop, blue barrel:

- **Play Gym:** will hold the hoola hoop around them and walk across and put it onto the barrel
- **Tyke Gym:** will try to roll the hoola hoop across the floor beam, as they walk across and out it onto the barrel.

8. **Jumping, bouncing, smashing through feet:** Springboard, green # block, sea placemat

- **Play Gym:** will have parents hold their hands if they need help and try to smash the board, I would do only 2 springs on the outer sides, and then if that's unsuccessful, parents can push the board so they can feel the motion.
- **Tyke Gym:** will put their hands on the block, and try "donkey kicks"/ smashing the board.

