

## Play Gym and Tyke Gym Plan for 1/19-1/24 & 1/26-1/31 (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: Teaching Football Holds and Rolls/ Head Shoulder Knees and Toes.
- Week 2: Baby Airplanes/ Circle Time with Scarves

1. Parachute Slide: Medium Cheese Mat, Parachute:
  - **Play Gym:** students will sit on top of the parachute and parents will pull the parachute the parachute down the cheese simulating a slide.
  - **Tyke Gym:** students will run starting on the start sign, and then slide on their belly like a penguin, or slip and slide. Their parent will assist by pulling the parachute down.. if this is too tricky they can do the same as play gym.
2. **Balance and Color Recognition:** 1 Riverstone, Big Traffic cone and 3 small hoola hoops (maybe rings)
  - **Play Gym:** Can either work on just color recognition by their parents giving them a color and they have to put that color onto the cone. If thats easy they can stand on the Riverstone and work on balance.
  - **Tyke Gym:** will work on bilateral/ side to side coordination so they will stand on the Riverstone in between the cone and the hoola hoops facing neither. They will squat and grab a hoola hoop from one side crossing the midline to stick the hoola hoop onto the cone.

3. **Foot Coordination, and Fine Motor Skills (putting the scrunchie on the cone):** Ladder on the floor, 3 scrunchies and 3 cones to match:
  - **Play Gym:** Grabbing the 3 scrunchies at once they will walk through or “gallop” over the ladder to the cones where they will color coordinate them.
  - **Tyke Gym:** will grab the 3 scrunchies as well but for a challenge they will put their hands and feet on the ladder, sit one end on a domino mat, and they will climb the ladder and then take the scrunchies to the other side.
  
4. **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:** Jump rope, Ball and rumbler:
  - **Play Gym:** they will attempt to kick the ball in a straight line through the jump rope to the rumbler, however if they are not developmentally there yet, I would bring out a bucket and they are just following the pathway holding the ball to drop it off to the bucket and then returning it.
  - **Tyke Gym:** will do the same thing, attempting to kick the ball to the rumbler or else carrying it through the “maze” (jumprope will be circular instead of linear) where they will put it into a bucket.
  
5. **Spatial awareness and Developing Problem-Solving abilities:** 1/2 Rainbow, red block, and FF elevated with 2 pit blocks on each side:
  - Both groups are working on going under and over so they will start by climbing under the rainbow, climb up the block where **Play Gym:** will work on safely climbing down the block before going under the FF trying to not knock it down and **Tyke Gym:** will work on safely jumping from the red number block.
  
6. **Fun fact: jumping on a trampoline develops our babies brains and mental skills! TRAMPOLINE FUN.**
  - Both groups are working on jumping, however for **Play Gym:** their parents can push the trampoline down with their hands to give them the bouncing sensation if they can not jump successful yet!
  
7. **Forward Roll Practice! Cheese mat**
  - Both groups will be working on forward rolls however for **Play Gym:** will need lots of support so parents should do the football hold, and then use their head to tuck their Childs head in as they help them down the cheese. **Tyke Gym:** will be attempting to do their roll with more verbal direction from their grown ups but still getting assistance with tucking in their chin.
  
8. **Hand-eye coordination:** Rocket launcher, 2 heavier bean bags
  - **Play Gym:** they are going to work on stomping on the rocket launcher while their parents catch the bean bag for them.

- Tyke Gym: will either try the same thing or can have the parent step on the launcher while they catch or try to do the whole thing independently.

