

## Tiny Tykes Lesson Plan | April 1-4, 2026

### REMINDERS:

- PASS OUT CALENDARS!
- Call out class, using your student's names.

### CLASS RULES

Make sure we are going through the expectations and requirements of the class.

- Ensuring if our student wanders, we grab them and bring them back
- Tantrum? Take them off to the side or in the viewing room til we are ready
- Bathroom breaks? Take the student to the door closest to bars for the quickest bathroom access!
- Texts/Phone calls? Are not permitted in class, if for any reason you must answer a call, please let the coach know so you can step off to the side.
- If they are not ready parents MUST be hands on!

Theme of the month: BLOOM INTO SPRING

Events of the week: Beam & Floor

### WARM-UP:

Egg hunt- eggs and baskets to color coordinate and match:

Put them in partners, and have them do cardio across.

### ABBREVIATIONS:

GD = GYMNASTICS DEVELOPMENT SS = SCHOOL SKILL DEVELOPMENT

DS = DEVELOPMENTAL SKILLS- FINE AND GROSS MOTOR SKILLS

### BEAM STATIONS:

1. MORNING EGG COLLECTING: Balancing on the bosu ball they are grabbing an egg from their parents and putting it onto the colored frisbee to match, working on fine motor skills (DS) they can use the tongs for a challenge (Balance- GD) Parents support at the hips
2. EGG TOSS: Single beam, hoola hoop and egg basket: Students are grabbing an egg and walking sideways to the bucket. For a challenge, have them use the tongs. Parents support at the hips, AND balancing the egg with tongs for a challenge
3. SPRING SHOWERS: Single beam, Umbrella, puddles : working on balancing and coordination they will take an umbrella and walk across the beam trying not to step into the puddles. Parents support under arm-pits, and help with taking turns.

### FLOOR STATIONS:

1. Station 1- BEE DELIVERY: Tape path loop, river stone with a bumble bee, and bee food, along with cards that have activities on them.  
Students will do between bunny hops, frog jumps, bear walks following the tape pathway. They will grab an item of food and take it to the beehive on the other side! (SS) Parents will help with distinguishing what the cardio is they must do along with taking turns

2. Station 2-BUNNY HOP CARTWHEELS: Panel Mats, bunny paws, and bunny feet cutouts: students are **working on progression of a cartwheel** with **Tiny Tykes** working on open and close jumps up and down the panels. depending on your class and the students size you can do domino mats instead. [Parents support at the hips](#)
3. Station 3-HONEYBEE HANDSTAND- Purple Block, hands and scrunchies with cones: Students are working on first walking their feet up, ensuring hips are on top of their shoulders and holding for 5 seconds. [Parents support at the hips](#)

