



Tumble Tykes and Tumble Kids Lesson August 10-15, 2026

WARM-UP:

For Warm-up this week we will try a game called bulldozers and builders: for this game we will separate out students into two teams. We will use cones "towers" and start with half fallen and half standing. Replicating the "pepperoni and cheese" game our bulldozers have to knock down all standing cones "towers" and all builders must build them back up.

Theme of the month:

CAREERS/ WHEN I GROW UP...

Events of the week:

BARS & VAULT

BARS:

1. STATION 1: KOALA HANG: Single bar, veterinarian coat and koala: Students will be veterinarians climbing into a koala hang to check on their koala friend stuck on the tree branch, then they will slowly come back down. For **Tumble Kids** they can do the koala hang and then shuffle themselves across the bar.
2. STATION 2: FARMER SWING: Single bar, Hoola hoop, Basket and squishy fruit: Both groups are farmers grabbing their "crops" and getting it into the "wash bucket" For **Tumble Tykes (ZPD)** they are getting the fruit putting it between their feet and swinging to release into the hoola hoop, for **Tumble Kids** they will do the same butting to get it into the basket working more on aim and focus.
3. STATION 3: PAINT SPLASH: Parallel bars, paint splatters on the cheesemat: **Tumble Tykes** will walk their feet and see how high they can make it across the paint splatter. For **Tumble Kids** they can lift 1 leg up to the sky, straight leg pointed toe.
*This drill is a candlestick drill so they must make sure they are looking at their toes and their chin needs to be tucked for safety. Feet must come down before they can let go of the bar.
4. STATION 4: **Tumble Kids ONLY (ZPD)** Ladder, to edge of the high bar and domino mat. Students will crawl across the ladder under and try to make it to the top of the bar, where they can hang.

VAULT:

1. STATION 1: MARINE BIOLOGIST DIVE: 1/2 rainbow, and foldable cheese, marine biologist vest, sea puppets and cones: This station is the 1,2,3 roll where students will sit on their bottom, you want their hands up by their ears, puppet under their chin to keep it tucked to their chest and knees should be bent with toes touching the velcro line in the rainbow. You will rock them three times, with them standing up in their spot and rolling down the cheese on 3. They can take the puppet and put it onto a cone. To simplify for **Tumble Tykes** you can have the fish waiting to be put on a cone at the end and not under the chin and to challenge up for **Tumble Kids** they will try to reach over a poly spot turning it more into a dive roll.

2. STATION 2: FIREMAN SPLASH: Block, landing mat, flames, a fireman vest and and a firehose: for TT they are doing a straight jump off the building, landing safely to put out the fire and Tk can do a tuck off the building to put out the fire as well.
3. STATION 3: CONSTRUCTION ZONE: Construction zone out of cones, Slow dow, stop and go sign: one student will be a construction zone worker and the other will be a car, the contraction zone worker will be leading their friends through the site with the proper slow, stop and go signage. The “driver” will push the car in a bear walk fashion trying to get through the construction zone.
4. STATION 4: TAPE MEASURE JUMP: This station can be Tumble Kids ONLY if you prefer Students are starting one the zero point and seeing how far they can long jump with feet together on the tape measure.

