PRESCHOOL GYMNASICS ACTIVITY GUIDE

Ages: 3-5 yrs  Suggested Time: 1 hour

Kit Includes:
- Stars
- Dinos & Dragons Super Set
- Critters Bonus Set & Keepers Bucket
- Toss ‘n Score Target
- Tunnel
- Lollipop Paddles
- Spud Jumpers
- Hula Hoops
- Sharks & Frogs
- Motor Skills Kit
- 12’ Superchute Parachute

Suggested Equipment:
- Trampoline (see FLAGHOUSE Jogging Tramp, G4540)
- Floor Space with Matting (see Sliced/Flexible Carpeted Flooring System, G15264)
- Climbing Rope (see Manila Leather-Seat Rope, G235)
- Any other gymnastic equipment necessary (bars, beam, hills, barrels, etc.)

Purpose: To provide several activities for use in a preschool gymnastics class.

SCHEDULE

9:00-9:10  Warm-Up
9:10-9:20  Circuit 1
9:20-9:30  Circuit 2
9:30-9:40  Circuit 3
9:40-9:50  Circuit 4
9:55-10:00 Closing
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**WARM-UP**

Review Safety & Rules for facility.

Play simple Relay Races (one or two students per line) using Spud Jumpers

Place each student on a star. The pattern may create a circle, square, or scattered shape.

Perform jumps, hops, and variations with the students. Then review basic stretching shapes—straddle, pike, butterfly, tabletop or bridge.

**CIRCUIT 1- FLOOR**

Students begin by performing a forward roll or backward roll down the incline hill. Hop on one foot in the hula hoops. Try to throw the ball at the target. Spot students as they roll forward, or arch backwards over the barrel. Froggy-hop from frog to frog. Perform a cartwheel over a block or panel mat.

**CIRCUIT 2- BEAM**

Students start by walking across balance beam. Be careful not to fall in with the sharks! Jump into the hula hoop at the end of the beam. Crawl through the tunnel. Do 5 jumps in the hula hoop. Carry or balance a critter or dinosaur across the next beam and put it in the bucket. Students can take turns using the lollipop paddles while waiting for their turn.
CIRCUIT 3– BARS

Students take turns 'monkey walking' across the bar over the sharks. Older or more experienced students can try 'penguin walking' (walk in front support) across the bar over the sharks. On the next bar, students jump to front support and cast back into hula hoop. Students hop on the frogs. Use the extra hula hoops to try hula-hooping while waiting for their turn.

CIRCUIT 4– VAULT

Using the motor skills kit, students will practice jumping, leaping, and hopping. Perform simple vault shapes on a block or mat (squat, straddle, roll).

CLOSING ACTIVITY

Use the parachute to play any parachute games appropriate for the group. See *The New Parachute Games* DVD, item #G14886, for ideas. Students can identify colors, review listening skills, and use social skills to play in a group.