PRESCHOOL LESSON PLAN - BACKWARDS & BEAN BAGS SKILLS

EQUIPMENT LIST

- Radio
- Incline Mat
- 2 Short Parallettes or 1 Handstand Bar
- 1 Long or Short Balance Beam
- 1 Cartwheel Block
- Bars
- 2 Hands & 4 Feet for Cartwheels
- 4 Potato Sacks
- 14 bean bags
- Kids in Action/Kids in Motion CD
- 1 Bucket
- Dots
- Objects for animal walks over

Introduction: FROZEN BEAN BAG - Have all of the children put a bean bag on their head. Have them move down the mat doing motor skills (walking, running, galloping, chassé, rélevé, etc.) per your instruction. If a bean bag drops off, they’re frozen. They can only get "unfrozen" if another child picks up their bean bag and places it back on their head. (2’s & young 3’s do a butterfly ride and make a pizza)

TUMBLING: Equipment List - Incline, Cartwheel Block, Objects for Animal Walks over, 1 Hand-Eye Coordination Activity, a few bean bags, 2 hands & 4 feet, 2 dots

2’s & 3’s –

- Rotation 1 - Backward Rolls - Sitting on top of the incline, position the students with their hands "holding up pizza pans". Roll them back (making sure not to "flop" them over) and lift at the hips once the toes pass the nose. Land the students on their feet and assist the arms up to finish the skill.
  Side activities: backward bear walks over objects, hand eye coordination activity, jumping backward down a flat/empty mat
- Rotation 2 - Cartwheels - Using the cartwheel block, position the feet place markers in front of the block in a lunge. While being spotted, the littles will place their hands on the block and work on stepping over/kicking over and landing in a lunge (use place markers for ending feet). Encourage them to try and make it all of the way over and finish in a HUGE TA-DA.
  Side activities: jumping over low objects with 2 feet, hand eye coordination activity, hand on parallettes with dots on either side - while holding the parallettes, they jump their feet back and forth from dot to dot. This mimics the side to side motion of a cartwheel. - Crab walk across 2 panels of the mat.

3’s, 4’s & 5’s –

- Rotation 1 – Backward Roll with Bean Bag – Have the students sit or squat at the top of the incline with a bean bag between their feet. *I prefer you to have your children squat*. The students perform a backward roll without dropping the bean bag. Start with straight body, then roll them back (making sure not to "flop" them over) and lift at the hips once the toes pass the nose. Land the students on their feet and assist the arms up to finish the skill.
  Side activities: Bunny Hops over objects, pony kicks on parallettes or handstand bar, backward bean bag catch (have the students sit on the mat with a bean bag squeezed between their feet, they then lay back so the bean bag is dangling over their head. They will then drop the bean bag and try to catch it with their hands. This mimics rolling back in a backward roll motion.)
- Rotation 2 – Cartwheels – Spot and correct each cartwheel. Stand the cartwheel block up on end to kick over. Side activities: Backward Bunny Hops over objects, hand eye coordination, Backward Pony Kicks (pony kicks in a table), Crab walk across 2 panels of the mat with a bean bag on tummy.
BARS – Equipment List – bars, short or long balance beam, bean bags (1 for each kid), hand eye coordination, 3 dots, 1 bucket

ALL AGES - Each kid keeps a bean bag this entire side!

- **Rotation 1 – Wake the sleeping turtles** - Place a beanbag balanced on top of the bar. The students will hang under the bar and perform a leg up. They are "knocking the sleeping turtle off the bar" with their feet. This can be done with one bean bag in pike or 2 bean bags in straddle. **Side Activities:** hand eye coordination, 3 straight body jumps (2's & 3's) or half turns (4's & 5's), one on each dot with a bean bag squeezed between knees, Walk down balance beam (long or short) with bean bag on head (2’s & 3’s can hold it on their head if needed, older students hands on hips)

- **Rotation 2 – Glide Swings** - The littles with squeeze a bean bag between their feet. They will hold the bag and try to swing and drop a bean bag in a bucket with their feet. **Side Activities:** hand eye coordination, 3 front scales - one on each dot with bean bag balanced on head, walk down balance beam sideways(2's & 3's) or backwards (3's - 5's) with bean bag on head (2's & 3's can hold it on their head if needed, older students hands on hips)

**Ending Activity: POTATO SACK RACES! (3 - 5 year olds)** - Equipment Needed - 4 potato sacks

You can do this many ways. You can do 2 kids at a time racing or up to 4 kids at a time racing or just hopping. You designate where they start and where they finish. They hop from point a to point b in the sacks. They then have to be able to escape the sack and give to the next kid in line. DO THIS ON MATS IF THE FLOOR IS NOT CARPETED!!! The sacks will slide on slick floors. See below for 2’s & 3’s ending activity. -

**IF YOU HAVE MIXED AGES IN YOUR CLASSES - ONE PERSON NEEDS TO DO THE MIDDLE ACTIVITY WITH THE 2'S AND 3'S BEFORE YOU SWAP OR AFTER YOU SWAP SIDES. YOU CAN HAVE ALL STUDENTS DO THE BEANIE BAG DANCE OR POTATO SACK RACES IF NEEDED.**

**TWO YEAR OLD CLASS MIDDLE/ENDING ACTIVITY**

**MIDDLE ACTIVITY:** work on motor skills & following directions. Have them run, walk, relevé, walk backwards, gallop, crawl & hop forward. One instructor will be leading, the other will be assisting the kids falling behind. **ENDING ACTIVITY:** beanie bag dance! This is #17 on the kids in action/kids in motion CD. Follow along with where the bean bag goes and encourage the students to do it properly.

**TWO YEAR OLD CLASS REMINDERS**

- **Switch sides in between each activity** - A change in visual gives a change in behavior. If they always have something new to keep them interested, they will perform better.
- **Only set up one side at a time** - After the students are moving well on Side 1, one instructor needs to go set up Side 2, then you all move to side 2 and Side 1 will get a make-over for the next activity.
- **It's like Parent & Tot without the Parents** - You need to get on their level and keep the activities simple and accomplishable. If the activity is too difficult, they will skip it and not try.
- **Never leave anyone unsupervised or unassisted** - This age has ZERO body awareness. Keep this in mind when setting up. Always think "how can a child possibly get hurt with my set up" before letting them do anything.
- **NO JUMPING DOWN FROM HEIGHTS TALLER THAN KNEES WITHOUT ASSISTANCE** - THIS APPLIES TO ALL PRESCHOOL AGE STUDENTS
- **MOST IMPORTANT** - Have FUN & Be PATIENT. They mainly want your LOVE and approval above all else.