

PRESCHOOL LESSON PLAN - JUMP, HOP, SKIP & GALLOP

Gross Motor Skills in Gymnastics

EQUIPMENT LIST

- Radio
- Springboard or Bosu Ball
- 2 Red Blocks or 2 Vault Pieces
- 2 Hands & 4 Feet for Cartwheels
- Cartwheel Block
- Dots
- Bars
- 2 cones
- Hop Scotch Mat or Items to Use
- 2 Hand Eye Coordination
- 1 Large Cheese
- 2 Hoops
- CD

Introduction: Go over jumping, hopping, skipping and running during a song

Jumping Forward - Jumping Backward - Jumping Sideways - Jumping in a circle - Hopping on one foot - Jumping on 2 feet - Jump from one foot to another

TUMBLING: 1 block, 4 feet, 2 hands, 2 hoops, cartwheel block, 1 dot, hand eye coordination

2's & 3's –

- **Rotation 1 - Jumping down from a Block to a Forward Roll** - The students will stand on a block. Place feet on the ground in front of the block for them to jump down onto. Once they land on the ground, they immediately do a forward roll.

Side Activities: Jumping forward in and out of each hula hoop, hand eye coordination, place hands on cartwheel block, squeeze feet together and do baby donkey kicks with both feet hopping off of the ground at the same time, hopping on one foot (or attempting to) on a dot.

Rotation 2 - Gallop to a Cartwheel - Place a dot 3 steps back from the starting feet. The littles will gallop to the feet and perform a cartwheel. You can have them stop on the feet, then cartwheel to slow down the momentum.

Side Activites - jumping sideways in and out of each hula hoop, hand eye coordination, flank over cartwheel block, jumping in a circle on the dot

3's, 4's & 5's –

- **Rotation 1 - Donkey Kick to Roll up onto Height** - Students will stand with their hands on the edge of the top of the block. They will do a donkey kick and roll across the top of the block.

Side Activities: jumping sideways in and out of each hula hoop, hand eye coordination, donkey kick with hands on cartwheel block, half turn on a dot.

Rotation 2 - Skip to a Cartwheel - Place a dot 3 steps back from the starting feet. The littles will skip to the feet and perform a cartwheel. You can have them stop on the feet, then cartwheel to slow down the momentum if needed.

Side Activites - jumping backward in and out of each hoop, hand eye coordination, flank over cartwheel block, skipping in place on a dot

EQUIPMENT SIDE - BARS – Spring Board or Bosu Ball, 2 cones, Bars, Block, Large Incline, hopscotch items, hand eye coordination

2's & 3's –

- **Rotation 1 - BARS** - Use a cheese mat that is tall enough that the littles barely have to push up to get up into a front support on the bars (a folded up large incline should be just about there). The bars should be right above their belly button. They will attempt a "Jump" (more like a push) Front Support **Side Activities:** hopscotch (you can use dots, animal poly spots or a hopscotch mat, hand eye coordination, knee or squat on (mount) onto red block or vault piece using Springboard or Bosu Ball, straight body dismount landing on a designated spot.
- **Rotation 2 – BARS** - The bars need to be set tall. The littles will stand on the block and swing to land their feet on the top of the cheese. They can then hop down the cheese with 2 feet. **Side Activities:** hopscotch (you can do sideways or backwards depending on ability) hand eye coordination, straddle jumps over cone, gallop to the next cone, straddle jump over cone

3's & 4's –

- **Rotation 1 – BARS** - Jump front support onto bars (the bar needs to be set about belly button height) space walks
Side Activities: hopscotch (you can use dots, animal poly spots or a hopscotch mat, hand eye coordination, Jump mount onto red block or vault piece using the springboard or Bosu Ball, straight body dismount landing on a designated spot.
- **Rotation 2 – BARS** - The bar needs to be set high - they will stand on the block, jump and grasp the bar, swing and land their feet on top of the incline. Forward roll down the incline after landing.
Side Activities: hopscotch sideways or backwards (you can use dots, animal poly spots or a hopscotch mat, hand eye coordination, start at a dot & skip to spring board or Bosu Ball, straight body dismount off of springboard or Bosu Ball

Ending Activity: Freeze Dance! Play the song off of the CD provided (all ages)

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.

TWO YEAR OLD CLASS MIDDLE/ENDING ACTIVITY

MIDDLE ACTIVITY: Move like the Animals # 1 by Mike Soloway