

# TOL Lesson Plan - Day 1

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<p><b>Class:</b> Parent Tot Rumble &amp; Roll  <b>Time:</b> 9:00 - 10:00am (1hr)  <b>Ages:</b> 18mos - 3yrs  <b>Length:</b> 8 Classes</p>	<p><b>Program Description:</b> Tumble, turn, rumble, + roll through hoops and over mats. Help your child as we focus on agility, balance, and the coordination skills that will have them ready to roll and turn.</p>
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<b>Lesson: Basic Shapes</b>	<b>Day: 1</b>	<b>Date:</b> July 11th, 2019
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<p><b>Program Learning Goals:</b></p> <ul style="list-style-type: none"> <li>- Develop Agility, Balance, Coordination, Spatial Awareness</li> <li>- Learn to listen and follow instruction</li> <li>- Learn how to take their turn and socialize w/ their peers</li> </ul>	<p><b>Lesson Goals (Assessment):</b></p> <ul style="list-style-type: none"> <li>- Willing to explore</li> <li>- Follow instructions</li> <li>- Gain children's trust</li> <li>- <b>Introduce basic shapes and movements</b></li> </ul>
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<p><b>Materials:</b></p> <p>-Intro + Warm Up + End:Hula Hoops, Coloured Dots, Chairs, Stickers</p> <p>-Circuit: 10-14 panel mats, ladder bars,mini hoops, cheese wedge, 3 hula hoops, parachute, yoga ball, 2 star poly dots, tape line, scarfs</p>	<p><b>Prep Before Class:</b></p> <ul style="list-style-type: none"> <li>- Have attendance sheets printed</li> <li>- Have Task Cards Printed</li> <li>- Have playlist to play in background</li> </ul> <p><b>Prep For Class:</b></p> <ul style="list-style-type: none"> <li>- Chairs + Panel/Yoga Mats put down + Speakers</li> <li>- Create Circuit (See Drawing) + add Task Cards</li> <li>- Polka dots in Circle w/ Hula Hoops</li> </ul>
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<p><b>Activities:</b></p> <p>9:00am - Intro: Grab hands, sit in a circle, introduce self and expectations, attendance          Expectations: Be nice to our friends, listening ears on</p> <p>9:03am - Warm-Up: Traffic Light - Each child has a hula hoop (Car)          Cues: Green Light (Running), Yellow Light (Tippy Toe Walks), Red Light (Motorcycle), Wind Shield Wipers (Lie on back straddle to pike), Speed Bump (Tuck Jump)</p> <p>9:10am - Stretch: Each child stands on a polka dot</p> <p>9:15am - Positions Song; Star, Pencil, Stork Stand, Tuck Sit, Straddle Sit, Pike Sit, Front Support</p> <p>9:20am - Animal Walk of the Day w/ Music; Butterfly Walks, Mouse Runs (Run around circle on tippy toes) &amp; Elephant stomps (Stomp). After each individual song, play song with all 3.</p> <p>9:30am - Circuit (15 min):</p> <ul style="list-style-type: none"> <li>Station 1: Front Support Walks (2 panel mats folded, fishy picture in the middle, name colours)</li> <li>Station 2: Bars tuck hang</li> <li>Station 3: Jump/Climb onto Panel mat, Motorcycle off x2</li> <li>Station 4: Log Rolls down Cheese</li> <li>Station 5: Donkey Kick to Slide (Panel mats stacked, slide = panel mat on angle w/ parachute)</li> <li>Station 6: 3 Hula Hoops, each to practice a different shape (Tuck, Stork, Pike)</li> <li>Station 7: Straddle Sit on Star, Push Ball to Parent</li> <li>Station 8: Walk on Tape Line Swirling Scarf in Air</li> </ul> <p>9:45am - Free Play (8 min): Allow them to explore different ways to use the equipment</p> <p>9:53am - Fun Finish: Scarfs</p> <p>9:57am - End: Sit in circle, get a sticker, high fives</p>
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