

# TOL Lesson Plan - Day 1

1

<b>Class:</b> Parent Tot Rumble & Roll <b>Time:</b> 9:00 - 10:00am (1hr) <b>Ages:</b> 18mos - 3yrs <b>Length:</b> 8 Classes	<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.	
<b>Lesson: Basic Shapes</b>	<b>Day:</b> 1	<b>Date:</b> July 11th, 2019
<b>Program Learning Goals:</b> <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>	<b>Lesson Goals (Assessment):</b> <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>	
<b>Materials:</b> -Intro + Warm Up + End:Hula Hoops, Coloured Dots, Chairs, Stickers -Circuit: 10-14 panel mats, ladder bars,mini hoops, cheese wedge, 3 hula hoops, parachute, yoga ball, 2 star poly dots, tape line, scarfs	<b>Prep Before Class:</b> <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> <b>Prep For Class:</b> <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>	
<b>Activities:</b> 9:00am - Intro: Grab hands, sit in a circle, introduce self and expectations, attendance Expectations: Be nice to our friends, listening ears on 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) 9:10am - Stretch: Each child stands on a polka dot 9:15am - Positions Song; Star, Pencil, Stork Stand, Tuck Sit, Straddle Sit, Pike Sit, Front Support 9:20am - Animal Walk of the Day w/ Music; Butterfly Walks, Mouse Runs (Run around circle on tippy toes) & Elephant stomps (Stomp). After each individual song, play song with all 3. 9:30am - Circuit (15 min): Station 1: Front Support Walks (2 panel mats folded, fishy picture in the middle, name colours) Station 2: Bars tuck hang Station 3: Jump/Climb onto Panel mat, Motorcycle off x2 Station 4: Log Rolls down Cheese Station 5: Donkey Kick to Slide (Panel mats stacked, slide = panel mat on angle w/ parachute) Station 6: 3 Hula Hoops, each to practice a different shape (Tuck, Stork, Pike) Station 7: Straddle Sit on Star, Push Ball to Parent Station 8: Walk on Tape Line Swirling Scarf in Air 9:45am - Free Play (8 min): Allow them to explore different ways to use the equipment 9:53am - Fun Finish: Scarfs 9:57am - End: Sit in circle, get a sticker, high fives		