

Preschool Lesson Plan

Month: October Week 4 & 5

Theme: Halloweenie

Sub-Theme: Over – Under –Through with Hollow Holds

Muscle of the Month:
ADDUCTOR

TEACHING TIPS:

*Pumpkin in sign language – Hold a fist and flick with other hand



WARM-UP

SONGS:

1. **Monster Mash**
Bobby 'Boris' Pickett
2. **Ghostbusters**
Ray Parker Jr.
3. **This is Halloween**
Nightmare before Xmas soundtrack

Beginning Activities:
Kid parade through the gym with costumes on. Parents come in to take photos.

Attendance Format:
Joke - see attached

Parent & Tot Time:
Witch on a broomstick. Big person up on knee and the child sits on it. Pretend to ZOOM!

Review:
Tumbling: Cartwheel and straddles
Bars: Straddle sole circle swings
Beam: Cartwheels
Trampoline: Tuck, pike, straddle jump

Suggested Skill Goals

Tumbling: Dive roll

Bars: Lateral movement (moving sideways)

Beam: ½ Pirouette

Trampoline: Seat drop -1/2 turn

EVENTS

Bar safety:
No hanging without tension in their shoulders

P1

Parallel bars

Spider walks – lateral movement

Walk hands and feet around. P/T put Halloween blocks on the edge.



Kick balloons foot-eye and coordination and tracking

Shimmy- Lateral movement

*Swing like a bat in straddle with treat bags on your feet & dismount into hoop



Beam safety:
Teach them to feel the center of beam through the center of their body

Jump to front support 3x

Hold trick or treat bags while doing walks down beam over spiders.

Step over the pumpkins... relevé & float like a ghost

½ pirouette "look behind you!". Witch ducks for the little ones

Tramp safety: Tape a + in the middle to help kids to stay in the middle

Trampoline

Seat drop ½ turn – tight like a mummy

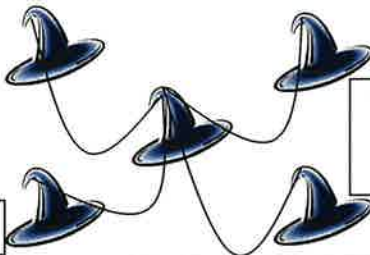
"Bat" straddle jumps



Tumb Trak

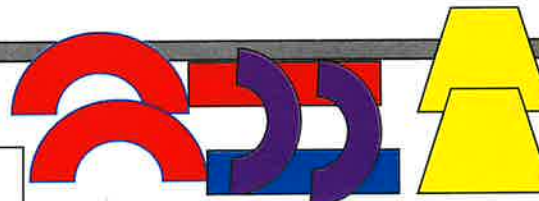
Jump, jump, lunge, jump, jump, lunge. Play a game... Pumpkin Jumps (tuck jumps), flying bats, Ghosts...STICK IT. (Freeze)

P3

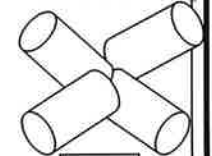


Cartwheels over the rope stuck in cones

*Haunted house – cover with parachute and crawl through



Launchers



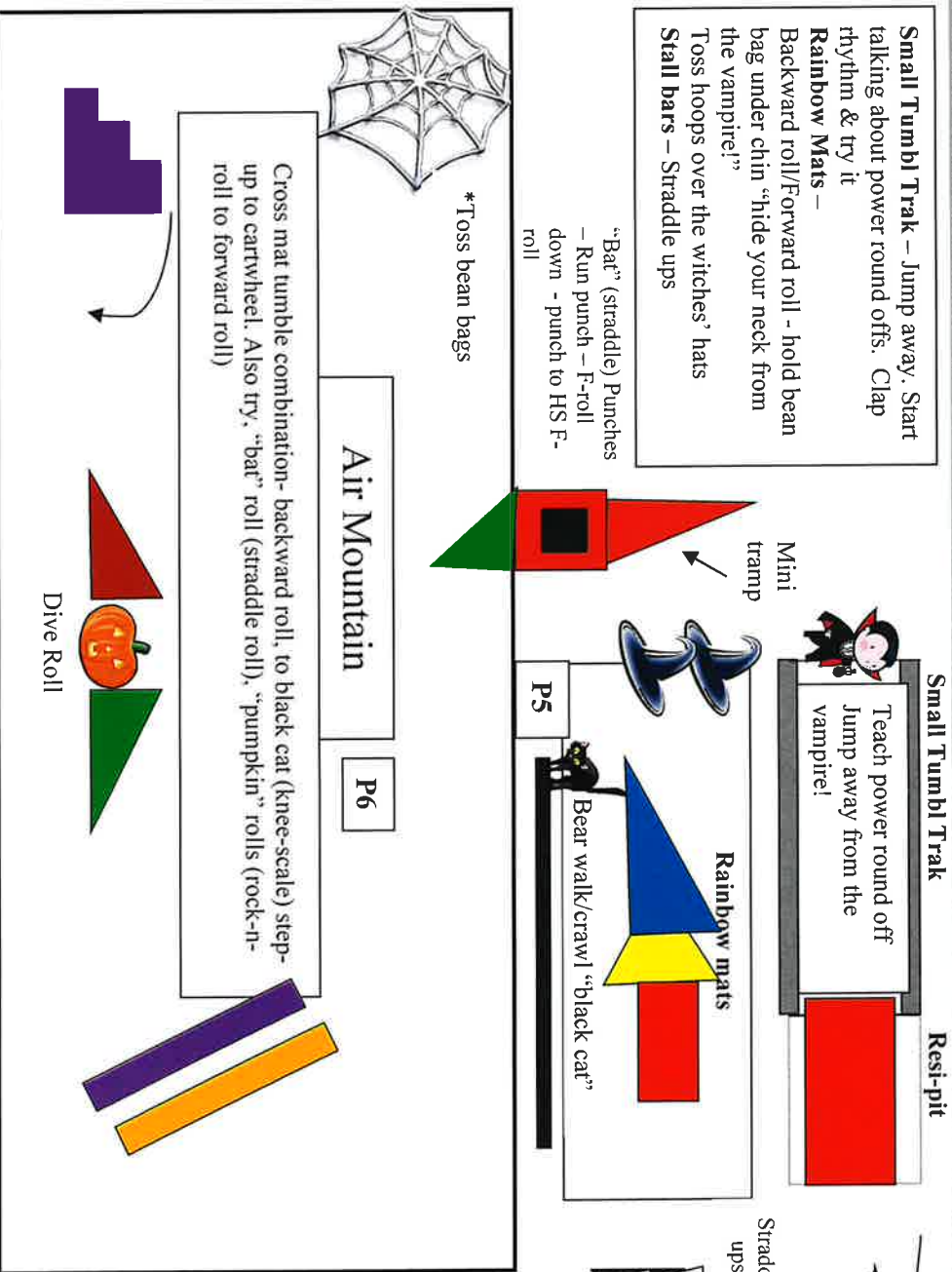
P4

Toss bean bags into pumpkin buckets

Franken-handstands on the wall

FLOOR STATIONS & SET-UP

Climb the rope, watch for the spider



Small Tumbler Trak – Jump away. Start talking about power round offs. Clap rhythm & try it

Rainbow Mats –

Backward roll/Forward roll - hold bean bag under chin “hide your neck from the vampire!”

Toss hoops over the witches’ hats

Stall bars – Straddle ups

“Bat” (straddle) Punches
– Run punch – F-roll
down - punch to HS F-roll

Using rainbow panel mats – Cross mat tumbling: Forward rolls, backward rolls, handstands, and cartwheels

Stamps

Tuck “pumpkin” jumps



Explanation:

SINGLE BAR – Place small trick or treat bags on the kiddos feet to encourage them to hold their feet up in straddle

HAUNTED HOUSE – Place different pieces of equipment to make a path. Cover with a parachute to turn it into a Haunted House

TOSS BEANBAGS – Make a spider web with duct tape on the floor. Toss bean bags into the sections of the web for points

Ending activities:

Sack races with Halloween bags

Parachute – Shake the chute with the fake leaves

GAME – Pick two ends of the gym. One end is the “Haunted House” the other end is the “Graveyard” – Call out how to move around the floor. For example, hop. If you call out - Witch, pumpkin, ghost, black cat – the kids have to do that position – when you call “haunted house” or “graveyard” kids have to run to that side of the floor.

Instructors: Always remember to review, challenge, and talk to parents

What's the time when a monster gets into bed?
Time to get a new bed.

What has four legs and goes "BOO"
A Cow with a Cold

How many witches does It take to change a light bulb?
Just one, but she changed it into a toad!

What do you get when a ghost sits in a tree?
Petrified Wood!

Why do mummies have trouble keeping friends?
They're too wrapped up in themselves

Who is the best dancer at a monster party?
The Boogie man!

Why doesn't anyone kiss vampires?
Because they have bat breath!

What do you think the tiniest vampire gets up to at night?
Your ankles

Why did the sea monster eat 5 ships carrying potatoes?
Because you can't stop at one potato ship.

What does a monster say when introduced?
Pleased to eat you!

What do you get when you cross a skunk with Frankenstein?
Stinken-stein!

What do you call a 10 inch monster?
Shorty!

Why do witches fly on broomsticks?
Because it's better than walking!

Why did the Cyclops give up teaching?
Because he only had one pupil!

I have 5 noses, 6 ears and 2 mouths.
What am I?
UGLY!

What do Vampires cross the sea in?
Blood Vessels

What's a vampire's favorite dog?
A bloodhound

Why did the zombie decide to stay in his coffin?
He felt rotten!

What did the witch say to the vampire?
Get a life!

What do you call a monster that was locked in the freezer?
A cool ghoul!

What's a vampire's favorite coffee?
De-coffin-ated

What do you call a single vampire?
A BAT-CHILLER

What do you get when you cross a vampire with a snowman?
Frostbite!

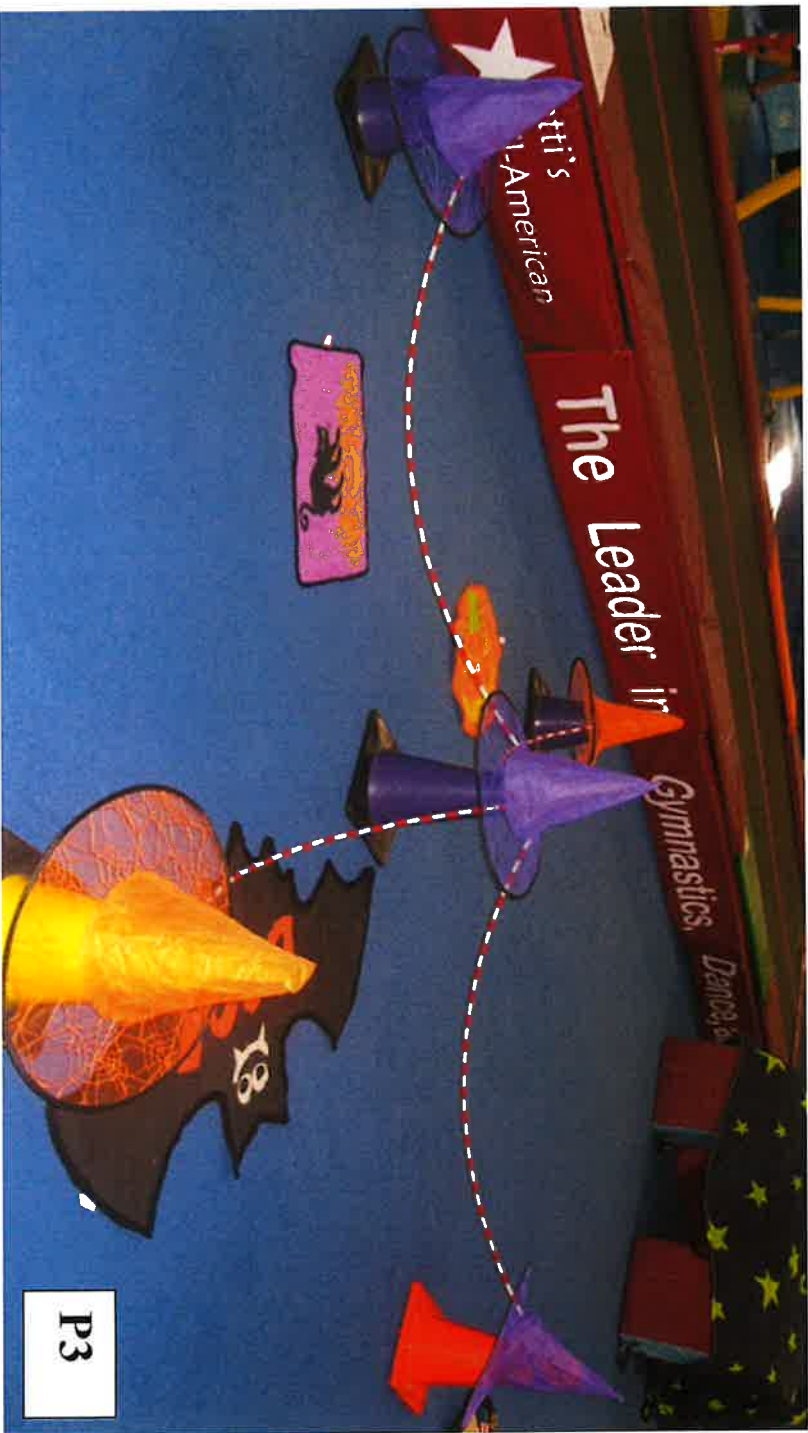
What kind of cheese do monsters eat?
Monster-ella



P1



P2





P5



P6

TEDDY TUMBLE BEAR



Says

It's almost HALLOWEEN! This week, your little Tumblebear will be practice "bat straddle jumps" on the trampoline, "ghost spins" and "pumpkin jumps" on the Tumbl Trak, and "wicked cartwheels" over the witch's hat. Reminder: We will be wearing our costumes in class next week! Have your Tumblebear wear their leotard or gymnastics clothes under their costume. No excessive face paint, please!

Love,

Teddy

TURN OVER

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