

Lesson plans for The Magic Tumble Bus during December 2009

Indiana Jones week:

Warm ups: Mountain climbers, run and duck from arrows, fly airplanes through inefficient routes.

Skill time: Put the giant boulder on top of the cheese wedge, have child run from the bolder and (depending on age/skill) have them do a roll under the tomb door (balance beam turned sideways, climb the rope ladder to find some gold, swing on rope back to magic zone. Once everyone's back, have the children do running dive rolls over the boulder.

Snow Angel Week:

Warm up: Snow angels on floor,
flying snow angels (jumping jacks)
walk like snow angels (straddle walks with straight legs)
Melt to the ground

Skills

Snow Angel rolls down the snowy hill (straddle rolls down the cheese wedge)
Angels on the high bar (front support) kids may do casts or hip circles as ability allows
Snow angel jumps on trampoline,
Go hide in snow cave

Benefits of this lesson:

Walks: helps with spatial awareness, balance and foot-eye coordination.
Straddle rolls with hands out: Increases trust in themselves as they do rolls without the use of hands, will make aerials in the future less frightening or such a foreign idea.
On the bar: Reaffirming motorcycle hands, helps upper body strength, casts and hip circles help with trust in themselves and the spotter, spatial awareness, and advanced balancing concepts.

Christmas week

Warm up: Scramble around like elves, walk around like Santa, fly like reindeer, roll like a snow ball

Lesson: Backward roll to standing, like a snowball into a snow man (cheese wedge)
Straddle jump, like the star on top of a Christmas tree (trampoline)
Walk over toys on balance beam like an elf in Santa's work shop- pick up toy for trip down chimney.
Jump down the chimney off of the balance beam (into the barrel)

Benefits of this lesson: Backwards roll to standing: pre-reading skills for children learning sequencing and structure. Teaches children to land on their feet which is a cornerstone in gymnastics and spatial coordination.

Straddle jump: Helps children better grasp using different legs for mounts and by differentiating between legs while jumping which is otherwise difficult or not thought through by children.

Stepping over toys: keeps children concentrating on feet while on balance beam and not on their hands instead.