

Magic Tumble Bus lesson plans for January 2010

Monster truck week!

Warm up:

- Running races back and forth in warm up area while making monster truck noises.
- Bull dozers (V-sits, pike sits, straddle v-sits)
- Spin donuts (bear walks in circles)

Skills:

- Forward roll in monster truck tire (big circle)
- Roll the truck over (pencil rolls down cheese wedge)
- Jump over cars (vault onto or over half circles)

Cloudy with a Chance of Meatballs!

Warm up:

- Run around in a circle holding your umbrella and dodging various oversized food items
- Make a table to catch all the food
- SPLAT like a pancake!
- Stretch high and low and to and fro to catch the food and put it in your bucket

Lesson:

- Make a hollow body on the banana
- Help pick up by bending backwards over the octagon grabbing the piece of corn and standing back up
- Leap over the rubber chickens that have fallen out of the sky and onto our balance beam!!!
- Seat drop on the trampoline as your favorite piece of food falling out of the sky
- Be a spaghetti noodle all the way across the monkey bars. Squeeze those feet together!

Happy New Years Week 2010!

Warm up: Show our 10 gymnastics positions.

Count down 10 sit-ups.

10 frog jumps.

10 pushups.

While counting down start from salute (ta-da) position and creep down to a snow ball (like the dropping ball in Time Square)

Skills: Do 10 gymnastics position jumps on the trampoline.

Have children wall walk with hands on the low balance beam for 10 seconds.

10 toe touches on the high balance beam.

Muscle up to the rings and hold for 10 seconds

Broncos Week

Warm up: train for the game by running with high knees through bicycle tires. Run with a football cradled in one hand and a stiff arm with the other. Line up on the scrimmage line (Velcro tape on the bus floor) and start a charge; if children are good for it, have them practice a play that way. Practice cheers to cheer on the Broncos.

Skills: Do a cheer with pom-poms

Throw a football through a hanging bicycle tire.

Punt a foot ball over the high bar for an extra point.

Run around defensive players (cones on the floor).

Dive roll (flip if skill permits) off the trampoline and into the end zone for a touch down then show your own touchdown dance.