

Magic Tumble Bus Lessons for April 2010

Aladdin Week

Warm up:

- *Zip line* (Aladdin is flying through the village, trying to get away from the guards)
- Do *wall walks* and try to walk down the wall.

Skills:

- *Monkey walks* on the monkey bars (pretend to be Abu)
- *Balance* on the flying carpet (umbrella)

Discovery Time:

Rope swing, monkey bars, umbrella, balance beam, hop scotch mat

Autos week

Warm up: sit in recline (V-sit if they can) and lean while steering their steering wheels.

Waving the starting and finishing flag: Toe touches

Pushing race cars on the ground having a race: works out as a three legged race

Skills: Low lunges on beam like a low rider.

Tow the rope up the ladder (wooden bridge)

Balance on rolling tires,

Pike hang from monkey bars toe touches into hanging tire.

Parachute into the Jungle Week (monkey bars)

Warm Up:

No song

- Parachute fun with little snakes
- Pretend your flying down into the jungle

Skills:

- Roll down the cheese wedge

- Cross the monkey bars
- Quick feet on balance beam with snakes on it
- Climb ladder into the hot tub

Discovery Time: Cheese wedge, tramp, beam, monkey bars, swinging ladder, wooden ladder, hot tub

Backwards Week

Warm up: “Head Shoulders Knees and Toes” frontwards and backwards

Skills:

- Backwards rolls (pizza hands!)
- Backwards walks on balance beam
- Backwards fall onto cheese wedge (arms across chest, fall backwards onto wedge)
- Back flip on the rings (skin the cat)
- Crab walks on the parallel bars

Discovery Time: Cheese wedge, springboard, mailbox, balance beam, monkey bars, rings, parallel bars