

Magic Tumble Bus lessons for May 2010

Bugs Week

- Warm up: Act out the Itsy Bitsy Spider song
Praying Mantis jumps (tuck to pencil jumps, jump up, and over)
Caterpillar crawls (pencil tuck scoots, older children can only let hands
toes touch the ground)
Rollie Pollies
- Skills: Caterpillar crawl up an uphill balance beam
Spider hangs on trapeze
Safety fall onto the wedge mat like a bug hitting a windshield

King Kong week:

- Warm ups: Orangutan scoots and Monkey jumps. Make banana cream pies
Skills: Escape the Broadway show (panel mat box). Orangutan scoot up the
cheese wedge, monkey jump the trampoline. Take Barbi up the
Empire State Building and swat (paper) airplanes as they fly by.
Gorilla hang from monkey bars (tuck hang with 1 hand)
Time/class permitting, hang by knees from trapeze, 'cause that's something
he might like to do...

Outer Space Week!

- Warm up:** Adventures in Space- hula-hoop song and dance. Use the hoops
to stretch and warm up with by jumping in and around them.
- Skills:** Airplane turn off the springboard (countdown to blastoff)
Forward roll dismount on the bar (weightless astronaut
spins).
- Discovery:** Long tunnel, space ship, tripods, balance beams

Rodeo/Cowboy week:

- Warm up: Chicken Dance- teach children to do-si-do, chasse, or fly like chickens
depending on age.
Bucking bronco's (donkey kick the walls of the bus, tell children not to do this at
home without permission.

Hog-tie: Have children on their backs reach as high as they can with their hands and feet as if they were hog tied.

Stick horse races

Skills: (in a few parts) Form a cartwheel canyon and push canyon walls together as kids keep practicing, much like limbo bars.

Chasing a bank robber: Gallop your horse over the balance beam (Chasse over beam), climb over the mountain (fireman's ladder) to head them off at the pass, and lasso the bad guy's horse (hula hoop over the mail box) and take them to jail (the magic zone)

Time permitting have them practice getting bucked off by a bull (skin the cat) and landing on their feet.