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Tumblebear Preschool Lesson Plan

Month: May (Weeks 3 & 4)
 Theme: Aliens in Outer Space
 Sub-Theme: Jumping



WARM-UP

Song Title Moon Rock Rock (*Circle one*) Album **Tape** Title: Greg & Steve's Adventures in Space (Ed. Activities)
 The Jumping Song Mr. Al's Sings & Moves (Melody House)

Suggested Skill Goals

Tumbling: Cartwheels, round-offs, & f & b rolls
Bars: Back hip pullover, back hip circle
Beam: Walks, cartwheels
Trampoline: All jumps

Props

- 1) Inflatable Aliens all over
- 2) Cut out planets and stars - hang from ceiling and on walls
- 3) Disco ball going round & round

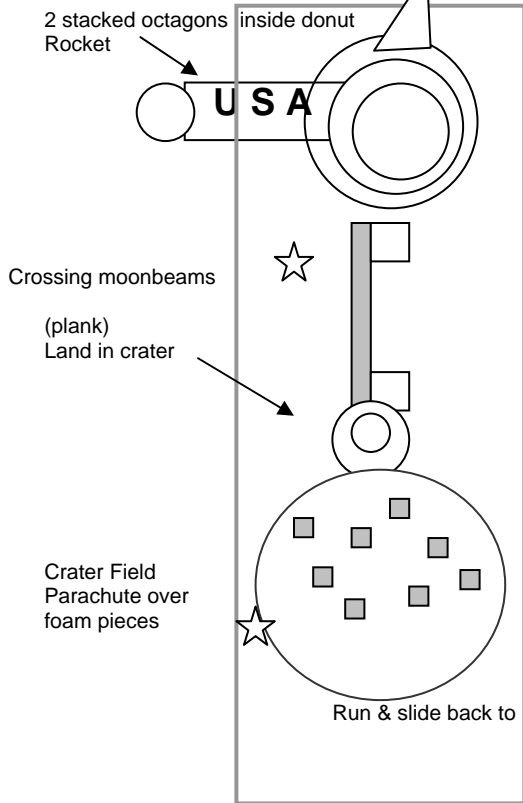
Other Beginning Activities

- 1) Ring around the rocket – try to catch a star
 Stardust! Stardust! Blast off where you are!
- 2) High jumping jacks = Starbursts
- 3) From a squat, jump off yelling, Blast off and land in a TaDa!

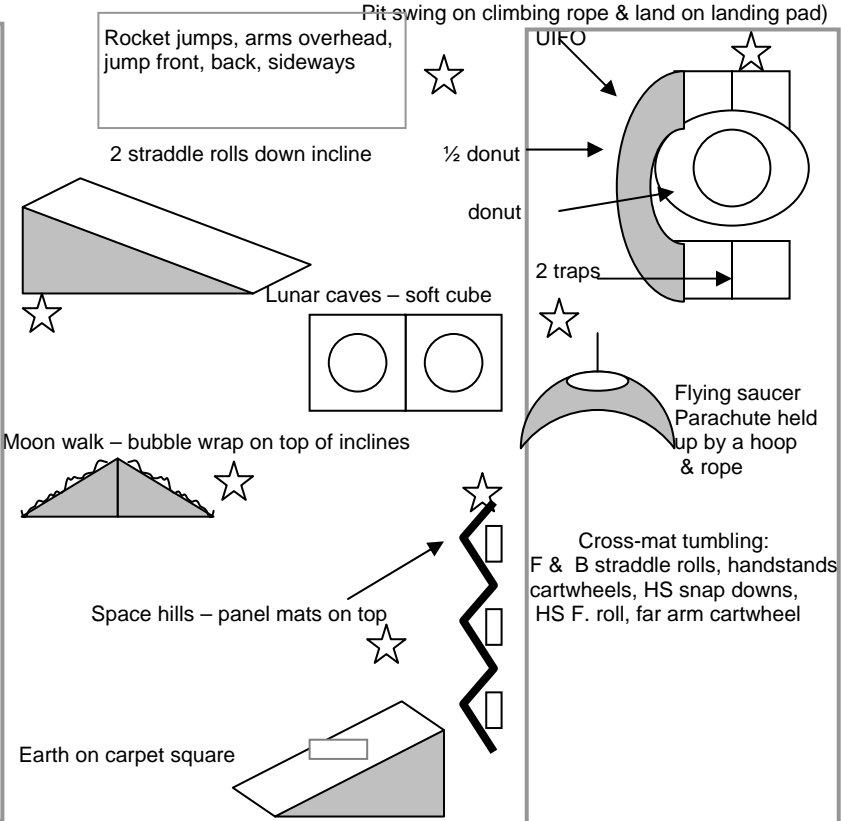
EVENTS

	<p>Parallel Bars</p> <p>Throw alien porcupine balls at hanging aluminum foil stars</p> <p>Bars #1</p> <p>Back hip circle and space walks</p>	<p>Pommel Horse</p> <p>Front support, squat through to slide down slide</p> <p>Bars #2</p> <p>Back hip pullover up ladder</p>	<p>Mini-tramp</p> <p>Jump to weightlessness and do tuck, pike, straddle jumps</p> <p>Bars #3</p> <p>Meteor Blasters – aliens at pie tins</p>	<p>Foil covered boxes – moon rocks</p> <p>High Beam</p> <p>Walks with space helmet holding US flag</p> <p>Med. Beam</p> <p>put flag in cone</p> <p>Floor Beam</p> <p>Robot walk with dryer vent arms</p> <p>Floor Beam</p> <p>Cartwheels on beam</p>	<p>Trampoline Alien paddles/balls</p> <p>Weightlessness experience Holding a rope, the teacher pulls the student across as they jump.</p> <p>Stand on carpet square & throw alien kick balls into buckets</p>
Spring Floor	<p>Run up incline and blast off to land on 8" mat</p>	<p>cartwheel in hoops</p>	<p>Backward rolls</p>	<p>Lunar Cave – parachute over octagons & traps</p>	<p>F. rolls Ta-Da!</p>
Tumbling Strip	<p>Alien caricatures on red part of Trak.</p> <p>Cartwheels on "moon surface" Or put pit foam on Trak and do "crater bounding" and jump over them-anti-gravity jumps</p>				

FLOOR STATIONS & SET-UP
ASTRONAUT TRAINING CENTER



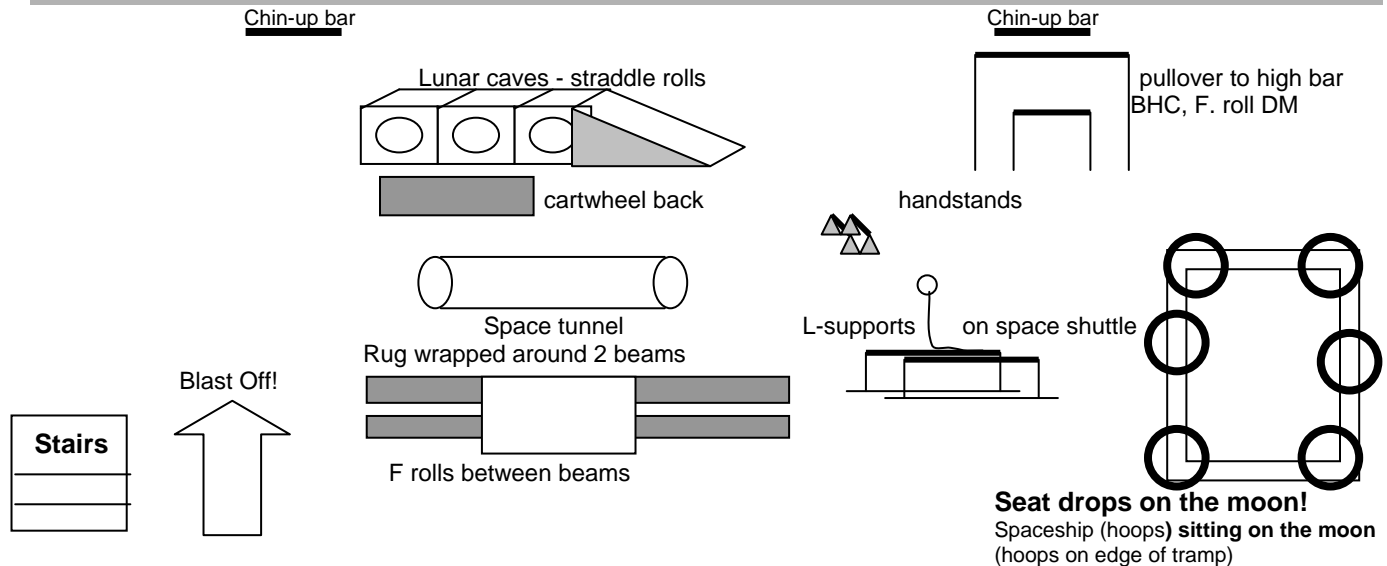
Small Tumbl-Trak (Pit-walk on panel mat over pit; asteroid fight



(Follow the Milky Way ☆ Rainbow mats

Rainbow mats

UPSTAIRS SET-UP



ENDING ACTIVITY

Moon rover box (move cooperatively) OR Create Saturn – kids make tight group in center of magic rope. Children holding rope do motor activities circling them OR use parachute and get inside a mountain – sit on the edge and roll back and forth in the spaceship. Take off to Mars. Lay back and bicycle back to earth. Then, make a mountain by kneeling on the chute- it's a flying saucer!

Handouts: Membership Card Certificate

Moon rover box →

