

# Tumblebear Preschool Lesson Plan

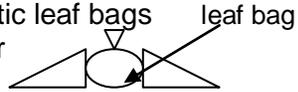
Month: October (Week 5)  
 Theme: Halloween  
 Sub-Theme: Over – Under - Through



## WARM-UP

**Song Title** Ghostbusters (Circle one) Album Tape Title: Movie Soundtrack  
*Parade the children through the gym with their costumes on*

**Props** Tie orange and black balloons to orange and black crepe paper to wave around. Use them like rhythmic ribbons (across, up, down, circles). Use orange plastic leaf bags filled with pit foam. Use them for decoration or can be used for dive rolls



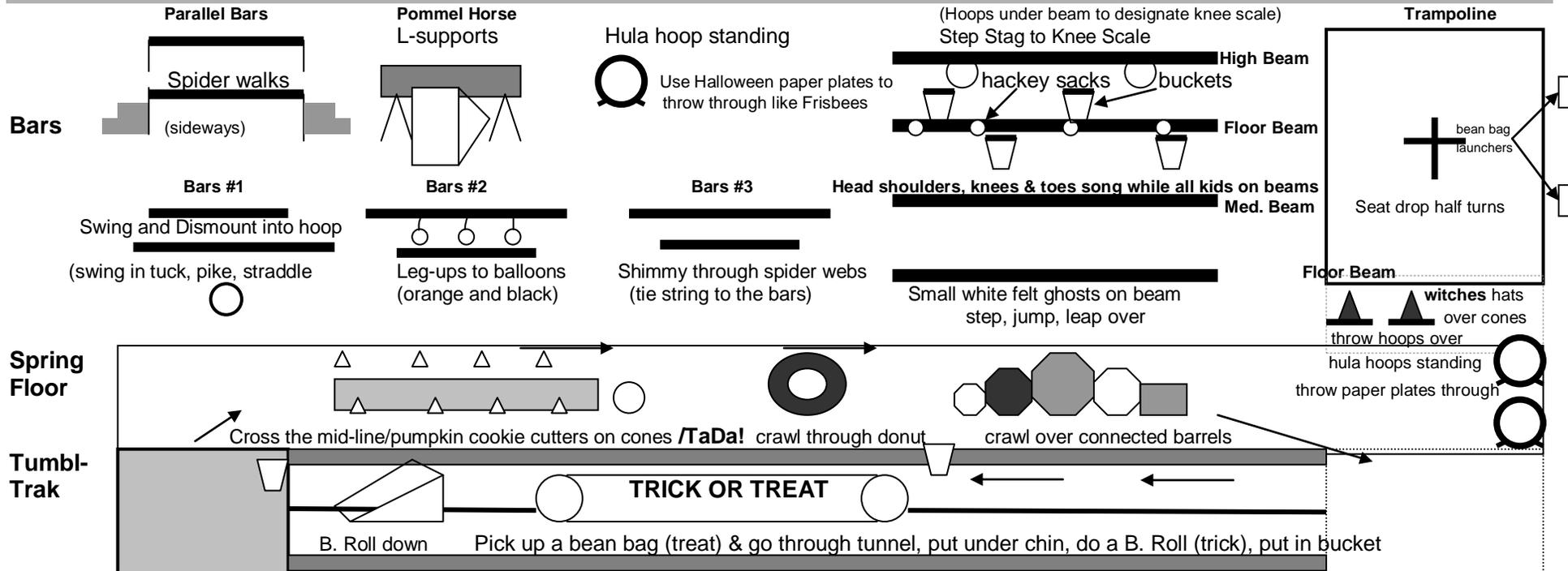
### Other Beginning Activities

Hoops to song  
 “Ding Dong the Witch is Dead” & “Ball Hoop & Ribbon Activities for Children (Kimbo)  
 - do this to “Monster Mash” song.

### Suggested Skill Goals

**Tumbling:** Rolls & cartwheels  
**Bars:** Swing & Dismount  
**Beam:** Head, shoulders, knees, etc.  
**Trampoline:** Seat drop ½ turns

## EVENTS



## FLOOR STATIONS & SET-UP

Number each station with orange felt pumpkins. Make a big circuit:

Play Halloween music. Set the kids up at stations (one at a time or pair them up) Have them do the skill at the station. When the music stops – freeze- go to the next numbered station.

1. Paper plates through hula hoop (like Frisbees)
2. Hand on wrist cartwheel
3. Frank-Handstands (handstand against the wall)
4. Dive roll
5. Bear/crab walk on ladder – jump over RR tracks back
6. Front support
7. Cartwheels/f. rolls over spider web
8. Headstands against wall & tripod & roll down
9. Roll down incline/f. roll/b. roll/straddle roll
10. Bean bag launchers
11. F. Roll step out
12. Same as #2
13. Throw foam shanes over witch's hats

**#1** Hula hoop toss

**#2** Hand on wrist cartwheel

**#3** Frank-handstands

**#4** Dive roll

**#5** White 2-inch Styrofoam pieces (railroad Tracks) Jump over

**#6** (Portable Tumb Trak w/ bar on) Front Supports, F. roll DM

**#7** Spider Web

**#8** Big red incline

**#9** B. roll

**#10** Bean bag launchers

**#11** F. Roll Step out

**#12** Buckets

**#13** Foam shanes over witch's hats

**Rainbow mats**

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## UPSTAIRS SET-UP

**Chin-up bar**

Interlocking plastic house pieces laying flat on floor, hooked together jump into different colors

**Chin-up bar**

plank to bear walk up to bar- swing & drop

**Trampoline**

X jumps

Throw foam shanes over witch's hats

**Stairs**

Pumpkin cookie cutters over cones

Cross the mid-line

small white parallel bars (spider walk (crab))

swing & dismount or pullover on bar

single rail

Step over black construction paper bats on beam

incline

pop-up tunnel

## ENDING ACTIVITY

Pumpkin puzzle match-up. Find cardboard Halloween posters cut into big pieces and scatter around gym have the children try to find the match (pick one piece up). Then do wring the dishrag – towels, double log rolls, straddle row the boat with partners.

Handout: Skeleton & Bridge coloring pages