

# Preschool Lesson Plan

Month: April 1 & 2

Theme: Easter Jelly Bean JAM!

Sub-Theme: Over, Under, Left & Right

**Muscle of the Month:**  
**TRICEPS**

*(back of arm-straighten arm)*

## TEACHING TIPS:

What kind of beans are there? Jelly, green, baked, kidney, black, pinto, coffee



## WARM-UP

### SONGS:

**Bean Bag Boogie**

*Kimbo, Me and my Bean bag*

**Parent & Tot – Bean Bag Balance**

*Kimbo, Me and My Bean Bag*

### Beginning/Ending Activities:

**Can of beans** – Line up buckets and toss bean bags into them.

**Relay with bean bags** – Line up bags at the end of the floor, run, gallop, etc.

### Attendance Format:

What is your favorite color jelly bean?

Show me your best “jumping bean”

### Parent & Tot Time:

Egg Hunt... spread out eggs on the floor and have the kids collect them and bring them back to mom or dad

### Suggested Skill Goals

**Tumbling:** F-roll & B-roll with bean bag

**Bars:** Cast

**Beam:** Front scale

**Trampoline:** Straddle

## EVENTS



Walk on a rope bridge

P1

“Fill the can of beans” – Swing with bean bag between feet and drop into coffee can

Set a French Fry on top of two cones behind the bar. Cast small then bigger to kick the French Fry off the cones. Keep legs straight!

Jump front support and cast to jump down



Possum hang under the high beam holding bean bag on tummy

Pork and Beans – jump side to side onto the sound steps on floor or beam

Bean bag on head – walk to the jelly bean, – do a balance – put bean bag in basket

Eggs on spoons – carry to bucket at the end of the beam

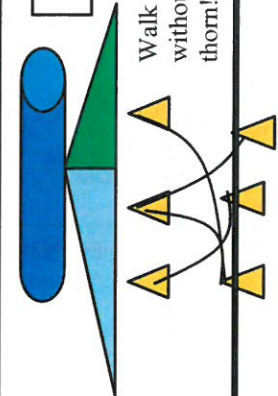
Tumbler Trak

P2

Bear walk on top of beams or cartwheel in between, tuck jumps like an “egg” to the end

P3

Walk through the briar patch without getting stuck by a thorn! Can you jump?



P4

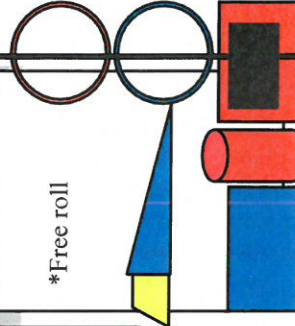


Elevate each end of the floor beam – the children will walk with one foot on each – one up and one down.

P5



\*Free roll



Jump and dive roll over barrel to Pit Pillow with spot

Trampoline



P/T Keep on tramp, 3-year-olds use on floor for straddle jumps. Push on the edge.

## FLOOR STATIONS & SET-UP

**Jumping beans** – Give the children challenging ways to jump. Add a turn or start with two feet and land with one (sissone), start with one foot and land on two (assemblé). Lastly, jump from one foot to the other (leap)



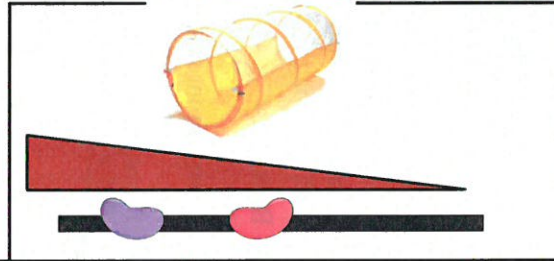
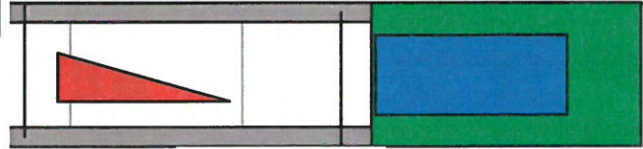
1 – Roll down incline and jump like a jelly bean onto landing mat – return through the tunnel  
 2 – Multiple rolls down long incline return over jelly beans on the balance beam

1

2

**Small Tumbl Trak**

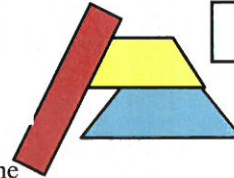
**Resi-pit**



**Tumblebear square** – call out colors as you roll down



Climb up traps and slide down



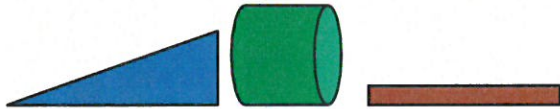
P6

Cross Mat Activities – All students tumble at the same time

Bean bag rolls – give the children a bean bag and many option how to roll with it: under the chin, between the knees, between feet and forward roll to stand, hold between feet and log roll, hold between knees & egg roll (jelly bean roll)



Use hula hoops for a target for BR drill with bean bag



P7

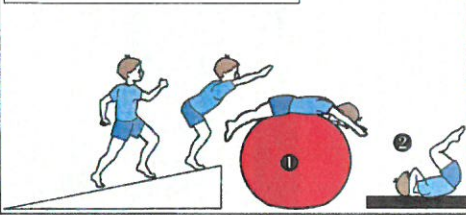
Dive roll “lead up” – walk up incline, superman over octagon and roll onto bear mat

Crawl over & under the 1/2 donut shapes

## UPSTAIRS SET-UP

### Skill: Super-Man on BIG BALL

Family: Dive rolls  
 Rationale: Dive roll lead-up

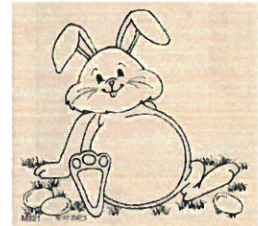


### Skill: Super-man into Roll

Family: Dive rolls  
 Rationale: Dive roll lead-up



Stamps:



Explanation:

\*Free roll – Hold bean bags in both hands and do a free roll (arms to side and do a forward roll with no hands), when standing up, toss the bean bags into hoops

## STRENGTH ACTIVITY

Beans in the bucket – set several bean bags on the floor. Get in push up position on the floor. With one hand pick up the bean bag and put into the bucket, alternating hands. Great upper body workout!



P1



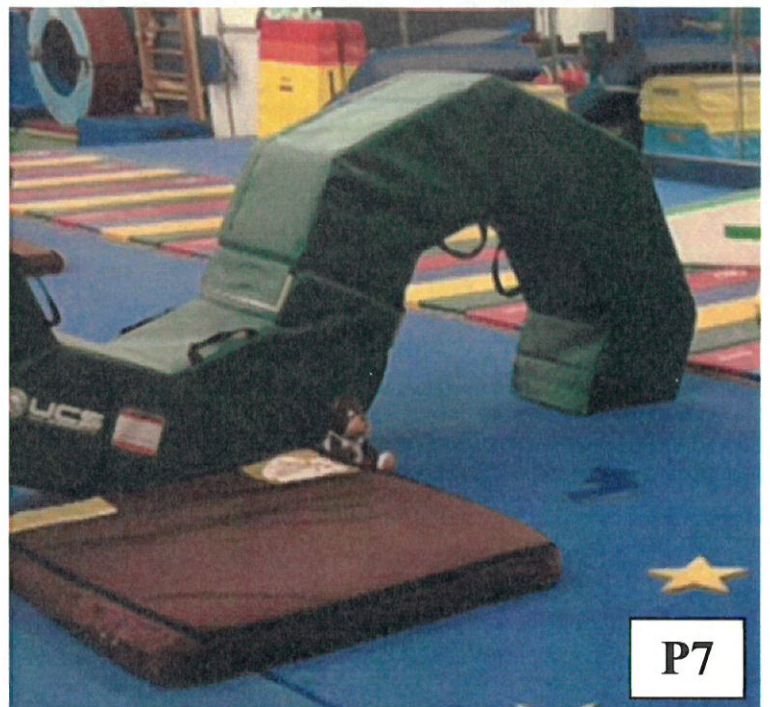
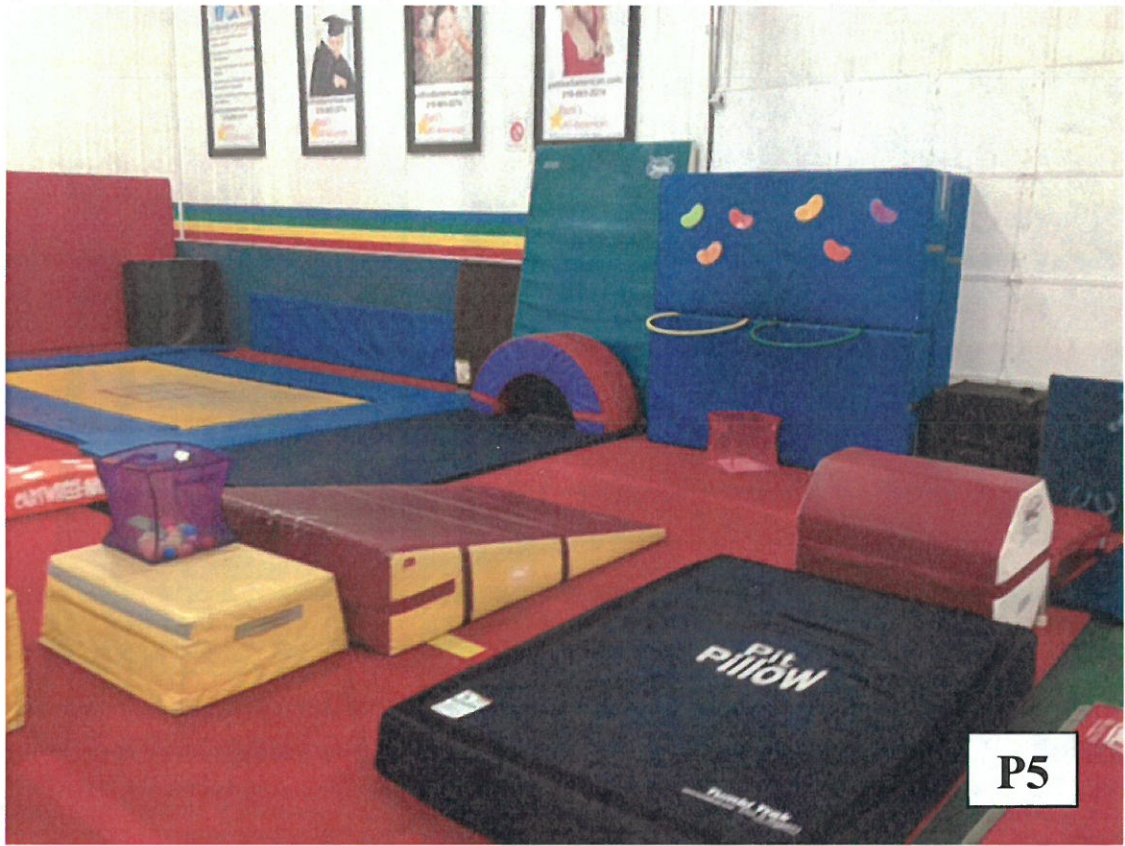
P2



P3



P4



# TEDDY TUMBLE BEAR

Says



Jelly Bean Jam—that is our theme for the next two weeks. As you know there are so many important skills besides learning gymnastics that your little Tumblebear will work on every week. In the next few editions of my letter to you, I will be sharing those additional social skills your child will work on.

1. Separation—Learning to leave parents at the benches is the beginning of learning how to separate (before a child goes to school).
  2. The ability to adjust to new situations is an important part of a preschooler's education.
  3. Following directions—Gymnastics teaches kids to follow multi-stepped directions. Going around an obstacle course and remembering what to do at each station is more than just gymnastics training.
- Note: Praise and encourage them for all the things they learn in the gym and not just those awesome forward rolls and cartwheels!



LOVE, TEDDY

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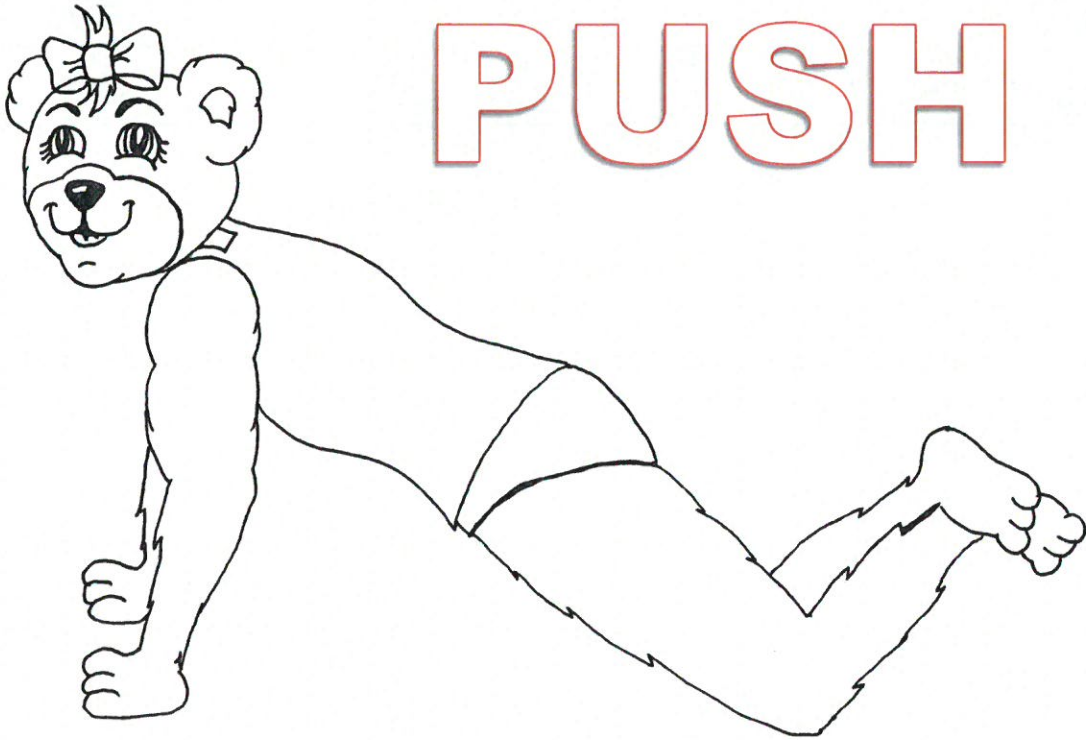
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# PUSH UP



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