



Lesson Plan 2 Pea - Happily Ever After

Social Theme

Children's stories

Class Age - 2 years

Class Length 45 mins

Educational Focus

Purple, green and brown
Star, heart and square
Counting 1-5

Developmental Focus

Muscular strength
Bilateral integration
Physical rhythmic timing
Vestibular sense
Proprioception
Dynamic balance

Gymnastics Focus/Terms

Barrel push
Tuck hang
Straddle tap progression
Two Pea seat drop
Straddle walks
Straddle roll
Hops on beam
Lateral scoot
Precision steps



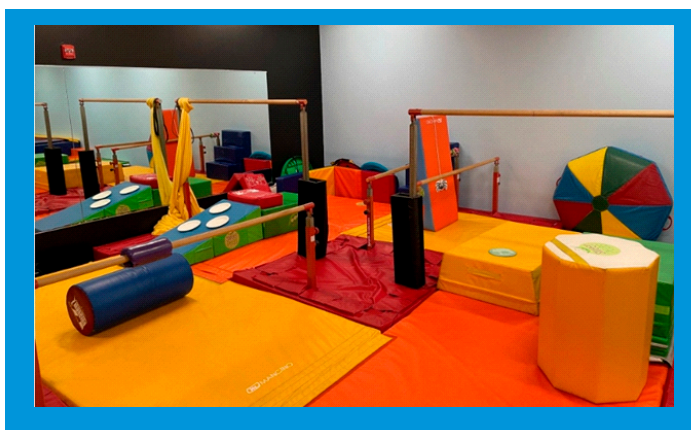
Suggested Resources

1. Music/songs listed in Lesson Plan.
2. Print out resources to laminate (spider, moon, frog/lily pads, logs)
3. You can also buy your logs (for beam) on Amazon. Search: HK Studio Sensory Pathway Floor Decals | Frog Hopping Game on Wooden Logs Decals for Boosting Gross Motor Skills (\$18.89)
4. Print out resources - nursery rhyme words to post for reference
5. Toy/plushie dog
6. Paper plate with a picture of a spoon on it.
7. 1/2 pool noodle
8. Optional balance steppers
9. Large exercise ball
10. Several hula hoops
11. Rubber ducks

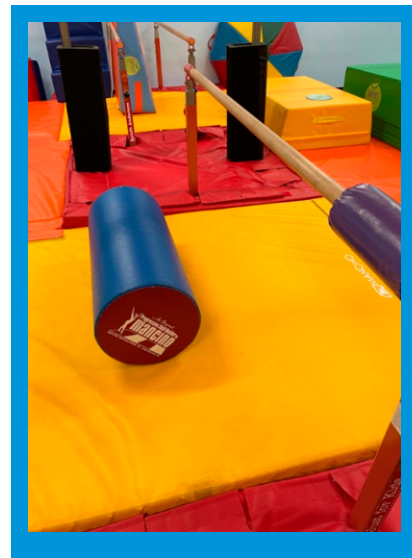


Station Set Ups

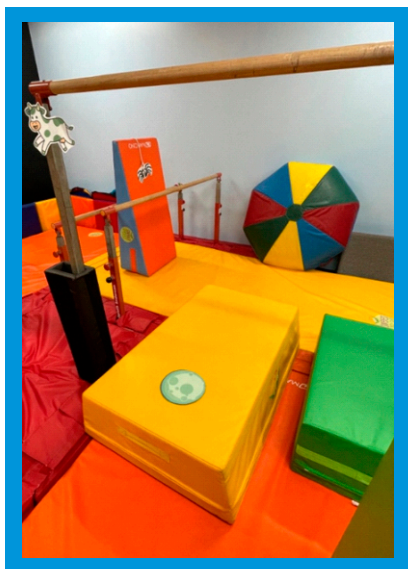
Bars



Bars General Set Up



Station 1 - Single low bar - Barrel push to "dry up all the rain"



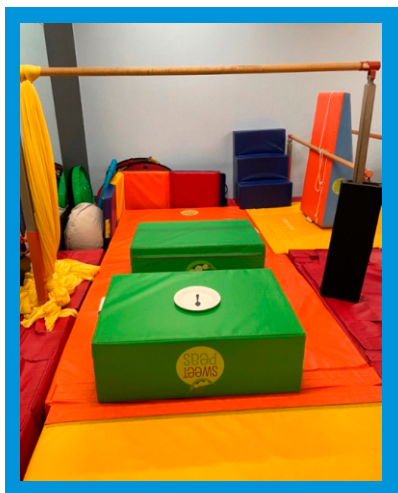
Station 2 - High bar 1: Tuck hang over moon



Station 3 - High Bar 1 (other side of bar from station 2) - Drill for straddle taps



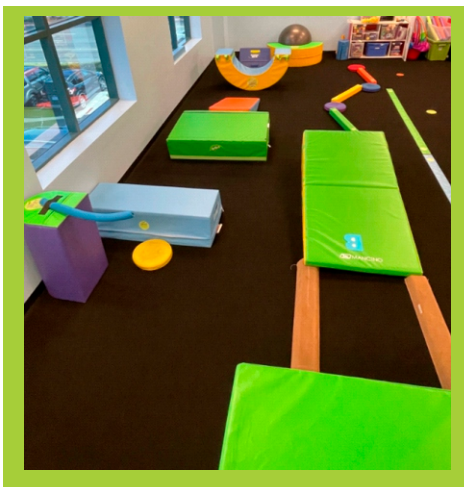
Station 4 - Parallel bars - walk feet up incline and lift toes to bar



Station 5 - High Bar 2 - Bicycle swing practice

Station Set Ups

Floor



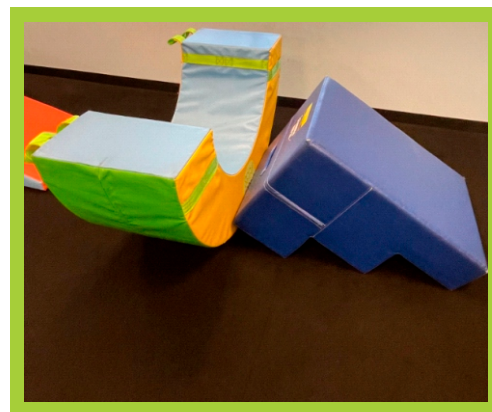
Floor general set up



Stop 1 - Donkey kicks -
Tip me over and pour me out



Stop 2 - Straddle roll - play drums to 'pat a cake'



Stop 3 - Stand and rock to the rhythm of
'Tip me over and pour me out.'



Stop 4 - Timing drill (parent or teacher assisted) - toddler seat drops



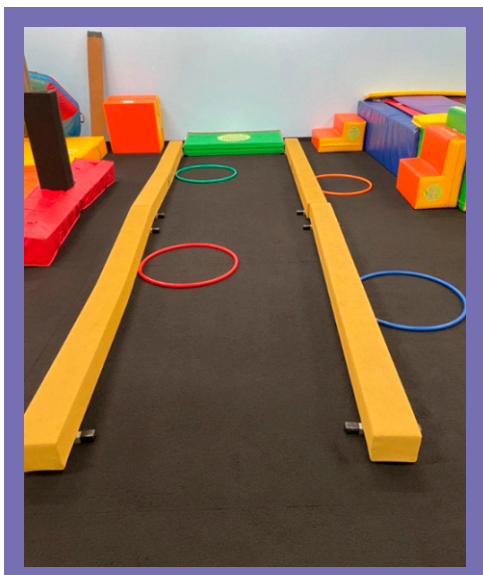
Stop 5 - Straddle walks over velcro sticks - pat a cake feet on spot markers



Stop 6 - Pat a cake straddle roll - finish playing
Pat a cake drums while sitting up in straddle

Station Set Ups

Beam



Beam - General set up

Vault



Vault - General set up



Stop 1: "Speckled frogs" - Hop across logs



Stop 2: "Speckled Frogs" - sideways lateral scoots across the "log" (floor beam)



Station Set Ups (cont.)

Vault (cont.)



Stop 3: "Five Little Ducks" - jump off springboard with two feet



Stop 3 cont.: Optional: Set steppers as a path to get to next stop.



Stop 4: Precision stepping "over the hill" with alternating feet

~~~~~  
WHEN YOU FAKE SLEEP  
TO HELP YOUR 2 YEAR OLD SLEEP  
THEN YOU WAKE UP FROM A 4 HOUR NAP.  
~~~~~➔



Class Structure (45 minutes)

Welcome (1-2 mins). It's great to see you!

Introduce Educational Theme: Welcome (1-2 mins). It's great to see you!

Introduce our Happily Ever After theme! This theme incorporates classic nursery rhymes (we vetted out the ones with negative back stories.) Nursery Rhymes provide children with early experiences with literature and language development. Our monthly blog points to the benefits of nursery rhymes. Make sure you download and share the monthly blog with your Sweet Pea families! Every touch, every communication helps establish your credibility as a devoted, engaged, professional expert in preschool gymnastics and child development.

Our Happily Ever After theme is vibrant with characters, colors, stories, rhythmic language and fun! Your Sweet Peas will be busy with Itsy Bitsy spiders on the bar, tipping tea pots on the floor, hoping on the wheels on the bus and other fun activities that incorporate nursery rhymes into our educational gymnastics classroom. Get ready to count your ducks, jump with the frogs and laugh at the moon!

Warmup song(s) (4-5 mins)

- The Wheels on the Bus <https://www.youtube.com/watch?v=wV3N-wCRL2k>
- Itsy Bitsy Spider https://www.youtube.com/watch?v=w_ICi8U49mY
- Hey Diddle Diddle <https://www.youtube.com/watch?v=Lsbr7a5MV0k>
- Five Speckled Frogs <https://www.youtube.com/watch?v=TtX8yVEF0-w>
- Five Little Ducks <https://www.youtube.com/watch?v=pZw9veQ76fo>
- Pat a Cake <https://www.youtube.com/watch?v=XGxMzHZ9eKw>
- I'm a Little Tea Pot <https://www.youtube.com/watch?v=jtZYTzddHa8>

Stretches (5 mins)

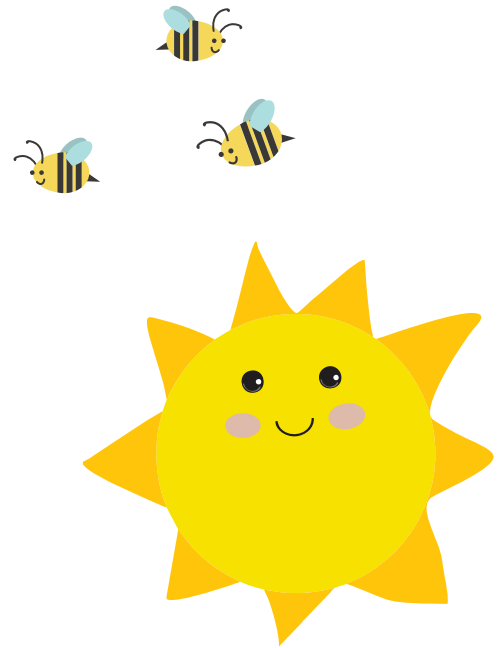
Roll Call and Lineup (1 minutes)

Rotation 1 (10-12 mins) Bars or Floor

Rotation 2 (10-12 mins) Beam or Vault

Rotation 3 (10-12 mins) Tumbletrak/trampoline

Final Touches (1-2 mins) Class review and something nice to say!




 I
 believe
 in
 YOU




Rotation 1: Bar Circuit (10-12 mins) (Use Bars or Floor as the primary rotation each week.)

Bar Educational Theme - Learning about Nursery Rhymes: "Itsy Bitsy Spider & Hey Diddle Diddle"

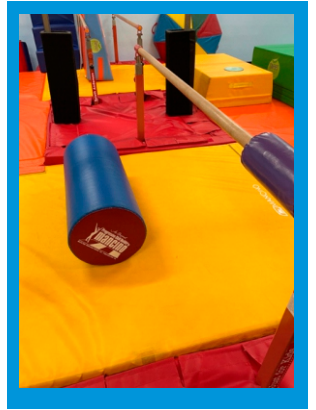
Station 1 - Single low bar - Barrel push to "dry up all the rain"

Set Up: Set tunnel under bar as shown.

What to do: Student grips bar and places legs on barrel, one leg at-a-time. Student pushes barrel forward and pulls it back while hanging from bar and keeping arms and legs straight.

- o Too hard? Move barrel higher toward student's bum so it is easier to push and pull.
- o Too easy? Jump feet onto barrel at same time. Also, try to open hip at the forward most part of the barrel glide, then pike back.

Educational theme: Learning the rhyme "out came the sun and..." "dried up all the rain."



Talking Point: This activity promotes motor planning as the Two Pea must determine what to do, how to do it and then actually executing the movements. Gripping and maintaining hold of the bar, placing their legs on the barrel, distributing weight to the barrel and using the whole body to roll the barrel forward and backward... that is a lot of motor planning! Motor planning experiences help children become competent in everyday tasks such as walking, running and playing sports. Planning and sequencing skills are also required for daily self care tasks such as dressing and eating, and they influence a child's ability to learn new routines.

Station 2 - High bar 1: Tuck hang over moon - "The cow jumped over the moon, from Hey Diddle Diddle"

Set Up: Set trapezoid mat under bar so student can reach bar. Laminate moon cutout and secure it to mat with non-residue tape. Might need extra panel mat under trapezoid for some students.

What to do: Student grips bar with forward facing hands. Student brings knees up toward chest - holds for 2 seconds and brings feet back down to trapezoid.

- o Too hard? Bring knees up and down without holding.
- o Too easy? Hold for 3-5 seconds.

Educational Theme: Practicing the rhyme "The cow jumped over the moon," from "Hey Diddle Diddle."



Talking Point: Proprioception is the body's ability to sense its locations, movement and action. Gymnastics skills that call for changes in body positioning, swinging and/or changes in head positioning, promote proprioception. Proprioception is achieved mainly from input from sensory neurons located in the muscles, tendons and joints and is assisted by the vestibular (inner ear) system. The central nervous system integrates proprioception and other sensory systems, such as vision and the vestibular system, to create an overall representation of body position, movement, and acceleration.

Station 3 - High Bar 1 (other side of bar from station 2) - Drill for straddle taps

Set Up: Set trapezoid under bar so student can reach. May need second mat. Place large mat or barrel (upright) on other side of bar. Place little stuffed or toy dog on far side of large block or barrel.

What to do: Student holds bar and brings feet up to barrel. Student uses both feet to bring dog down off barrel. Student picks dog up and says "peek-a-boo" to make him laugh and then places dog back on the tunnel. Teacher can recite stanza "the little dog laughed to see such fun" from "Hey Diddle Diddle"

- o Too hard? Have student use both feet to sweep dog off mat, rather than grip dog with feet.
- o Too easy? Bring both feet up at same time is straddle

Educational theme? Learning the stanza "the little dog laughed to see such fun," from "Hey Diddle Diddle."



Bars (cont.) (Use Bars or Floor as the primary rotation each week.)

Station 4 - Parallel bars - Walk feet up "water spout" (incline) and lift toes to bar

Set Up: Set small inverted incline between bars with back up against one bar, as shown. Place spider at top of incline. We tied ours to a string and loosely tied it to the bar and then draped it over the incline, as shown.

What to do: Student stands on outside of P-bars facing the incline. Student places hands on bar and walks feet up incline. Student then tries to lift toes to bar (feet can be on inside or outside of hands for Two Peas.)

- Too hard? Practice walking feet up and down incline.
- Too easy? Place feet on bar on the outside of hands for a proper window position

Educational theme: Finish the rhyme "The itsy bitsy spider went up the water spout."



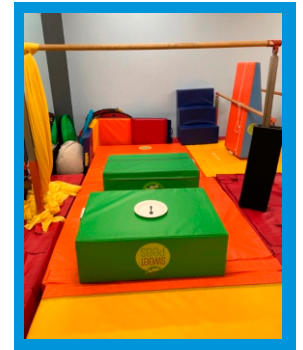
Station 5 - High Bar 2 - Swing practice - Bicycle swing over the plates - pretending to "run away with the spoon."

Set Up: Draw a picture of a spoon on the paper plate. Place trapezoid or other mat under bar so student can reach bar.

What to do: Student hangs from bar and kicks feet in a running motion to act out how "the dish ran away with the spoon."

- Too hard? Move "dishes" closer to bar so student can reach.
- Too easy? Swing with both feet instead of running feet

Educational Theme: Learning the stanza "the dish ran away with the spoon"



Rotation 1: Floor (10-12 minutes) (choose Bars or Floor each week)

Floor Educational Theme - Learning about Nursery Rhymes: "I'm a Little Teapot & Pat a Cake"

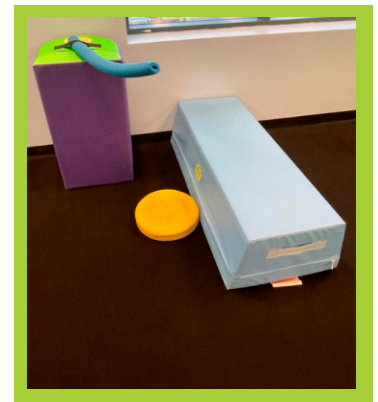
Stop 1 - Donkey kicks - "Tip me over and pour me out."

Set Up: Squeeze pool noodle under handle of upright barrel or mailbox (or anything that can hold a pool noodle under the handle.) Set trapezoid a couple feet in front of pool noodle.

What to do: Student starts standing between pool noodle and trapezoid, facing trapezoid. Student puts both hands on trapezoid and jumps feet on floor while keeping hands in place. Two Peas do not have to make contact with the pool noodle.

- Too hard? Move noodle lower so student can reach
- Too easy? Try Levers

Educational theme: Finish the rhyme: "I'm a little teapot short and stout, here is my handle here is my spout, when I get all steamed up, hear my shout..TIP ME OVER AND POUR ME OUT"



←

UNLESS SOMEONE LIKE YOU
CARES A WHOLE AWFUL LOT,
NOTHING IS GOING TO GET BETTER
IT'S NOT.



Rotation 1: Floor - (10-12 minutes) (choose Bars or Floor each week)

Stop 2 - Straddle Roll - Play drums like pat a cake

Set Up: Set trapezoid mat against incline as shown.

What to do: Student stands in straddle on trapezoid at edge of incline, facing incline. Student tucks head and rolls forward down incline. Student finishes by sitting up in straddle at base of incline and uses hands to play pat a cake while teacher or parent recites "pat a cake, pat a cake, baker's man" to the rhythm.

- Too hard? Two Peas can just climb up and over station
- Too easy? Complete roll independently

Educational theme: Learning the rhyme: "Pat a cake, pat a cake, baker's man."



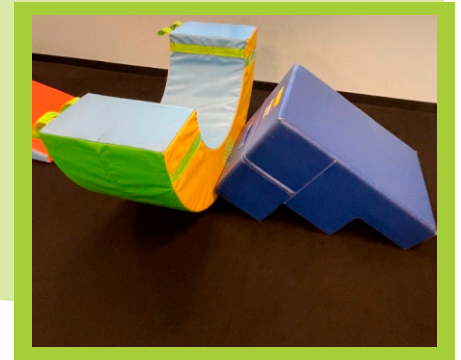
Stop 3 - Stand and rock to the rhythm of "Tip me over and pour me out."

Set Up: Set tunnel and upside down stairs next to each other as shown.

What to do: Student climbs onto upside down tunnel and stands in straddle and tips side-to-side while teacher says "tip me over and pour me out."

- Too hard? Teacher or parent can hold student's hands to give them more stability while rocking side-to-side
- Too easy? Do independently

Educational theme: Learning the rhyme: "tip me over and pour me out."



Talking Point: This skill promotes physical rhythm. Rhythm is manifest through energy patterns perceived through hearing, eyesight and kinesthesia. Research shows that when physical movements are patterned to rhythm, children are able to perform fundamental tasks with improved dexterity. Practicing donkey kicks in a rhythmic, repeating pattern of timing fosters kinetic abilities.

Stop 4 - Timing drill (parent or teacher assisted) - Two Pea seat drops while saying "Pat a cake" rhyme.

Set Up: Set ball in tunnel against wall or big mat as shown.

What to do: Student stands on floor next to tunnel facing away from ball. Teacher holds Two Pea by the waist and helps them sit back onto ball and bounce back up to feet. Tinier Two Peas may need to stand on the tunnel itself.

- Too hard? Turn around and face ball to play drums on ball
- Too easy? Try seat drop independently but with parent or teacher ready to catch

Educational theme: Practice the rhyme: "Pat a cake, pat a cake, baker's man. bake me a cake as fast as you can."



DON'T SAVE SOMETHING
FOR A SPECIAL OCCASION
every day
OF YOUR LIFE
IS A SPECIAL OCCASION

Rotation 1 Floor (cont.) (Use Bars or Floor as Rotation 1)

Stop 5 - Straddle walks over velcro sticks - pat a cake feet on spot markers

Set Up: Set Velcro sticks in zig-zag line with spot markers at the connector points, as shown.

What to do: Two Pea straddles zig-zag sticks and walks in straddle over them. Two Pea jumps or steps feet together on spot markers.

- o Too hard? Straddle walk over color sticks, do not stop to jump feet together on spot markers
- o Too easy? Bear crawls

Educational theme: Demonstrate "Pat a cake feet" while learning the "Pat a cake" rhyme

Talking Point: This skill presents our Two Peas with challenges that promote dynamic balance. Dynamic balance is the ability to maintain balance while moving or while adjusting positions. In this skill, Two Peas are called upon to shift from their regular walking stride to a straddle walking stride. In addition they must shift their balance from alternating stride on the floor to a hop up onto the raised marker, and then shift back again to the straddle stride. They must accommodate for the (very intentional!!) zig zag direction of their path. This is a simple, effective dynamic balance drill for little Two Peas!



Stop 6 - Pat a cake straddle roll - finish playing Pat a cake drums while sitting up in straddle. Reinforcing straddle roll at Stop 2.

Set Up: Set incline on floor.

What to do: Student starts standing in straddle at top of incline. Student tucks head and rolls forward down incline. Student finishes sitting up in straddle at base of incline and uses hands to play pat a cake while teacher or parent recites "patty cake, patty cake, baker's man" to the rhythm.

- o Too hard? Two Peas can just climb up and over station
- o Too easy? Complete roll independently

Educational theme: Learning the rhyme: "Pat a cake, pat a cake, baker's man."



Left foot, Left foot
Right foot, Right.
Feet in the morning,
Feet at night.
Left foot, Left foot, Left foot,
Right.
Wet foot, Dry foot.
High foot, Low foot.

Dr. Suess



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Rotation 2 Beam (10 - 12 mins) (Use Beam or Vault as Rotation 2)

Educational Theme: Learning about Nursery rhymes: "The Wheels on the Bus"

Set Up: Set beams in "U" shape with connector mat at the far end. Set hula hoops to the side of beam(s) as shown.

Before beginning: Ask Two Peas if they know the rhyme "Wheels on the bus." Recite first lyric of rhyme... "The wheels on the bus go up and down, up and down, up and down."

Note: Two Peas repeat the same pass below 3x's

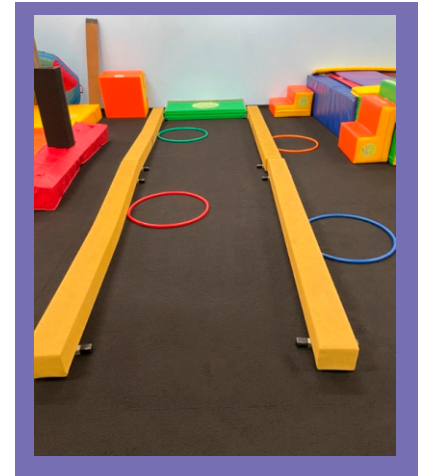
Beam Skill: Walk forward on beam, step off beam into hoop, step back onto beam and repeat the length of the beam.

- o Too hard? Walk forward without stepping off beam
- o Too easy? Jump off beam with feet together

Educational theme: Learning the stanza: "the people on the bus go up and down."

Finishing the activity: Teacher kneels down by student and finishes the rhyme and asks students to help fill in the blanks.

- 1) Teacher: The babies on the bus go... Students: WAH WAH WAH
- 2) Teacher: The mommies on the bud go... Students: SHH SHH SHH
- 3) Teacher: The daddies on the bus go... Students: I LOVE YOU



Rotation 2 vault (10 - 12 mins) (Use Beam or Vault as Rotation 2)

Educational theme for vault: Learning about rhymes: "5 Little Ducks" and "5 Little Speckled Frogs"

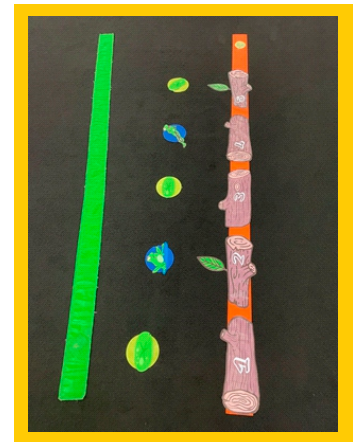
Stop 1: "Speckled frogs" - Hop across logs

Set Up: Set two velcro lines (or chalk lines) offset so that they get slightly farther apart at the end. Place 5 spot markers between as shown. Optional: decorate spot marker as frog or lily pads. Also optional: Purchase wooden log decals to place along the velcro lines. We bought ours on Amazon. See learning resources for purchase info.

What to do: Student begins on log #1 and hops to each log like a "frog on a log"

- o Too hard? Step to each log (walk the logs like a balance beam)
- o Too easy? Jump with control and feet together

Educational Theme: Learning the rhyme and counting - "5 little speckled frogs sat on a speckled log"



Stop 2: "Speckled Frogs" - Sideways lateral scoots across the "log" (floor beam)

Set Up: Set trapezoid with a floor beam running parallel to trapezoid, with (optional) slide, as shown.

What to do: Student slides down slide (optional) to get to trapezoid. Starting at one end of the trapezoid, student places hands on trapezoid and feet up on floor beam. Student scoots sideways with feet along the beam while hands scoot at the same time on the trapezoid. Students are pretending to be the 'speckled frog on the log.'

- o Too hard? Teacher/parent assisted
- o Too easy? Switch to hands on floor beam and feet on trapezoid

Educational theme: Learning the rhyme "5 little speckled frogs"



Rotation 2 Vault (10-12 mins) (Use Beam or Vault each week as Rotation 2)

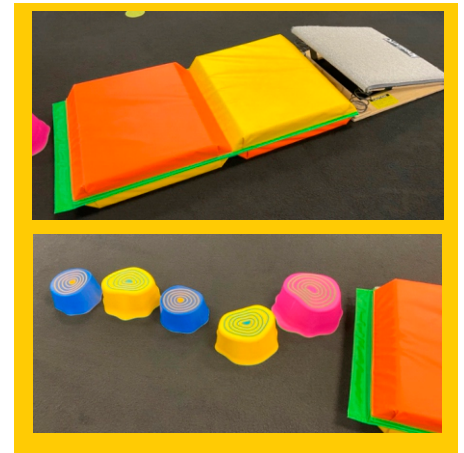
Stop 3: "5 Little Ducks" - jump off springboard with two feet

Set Up: Fold color square mat in half and set spring board next to it, as shown. (Mat is folded to make it higher.) Optional: Set steppers as a path to get to next stop as shown in second photo.

What to do: Starting on spring board, student bends knees, jumps off board with both feet and lands (feet together) on color mat. Student steps across color mat then walks across stepping stones. They are pretending they are the "little ducks that went out one day, over the hill and far away."

- Too hard? Teacher lets student hold their hands for stability while bouncing
- Too easy? Jump off board with power

Educational theme: Learning the 5 Little Ducks rhyme and counting.

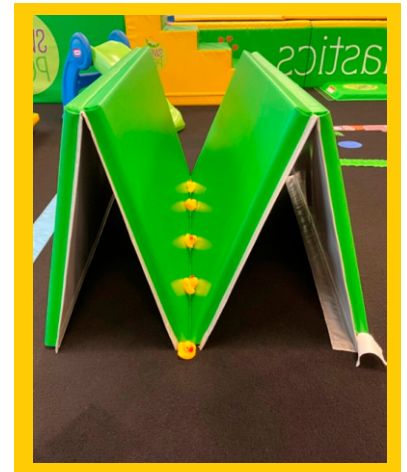


Stop 5: Precision stepping "over the hill" with alternating feet (practicing following a designated path with alternating feet.)

Set Up: Fold panel mat into two little hills, as shown, and scatter "five little ducks" in center.

What to do: Student puts hands on rails of hills and walks through center of hills with alternating feet, stepping over ducks along the way.

- Too hard? Remove ducks.
- Too easy? Place hands on either side and push to tuck position over ducks.



Rotation 3: Tumbletrak (10-12 mins)

TumblTrak/ Trampoline - Jumping while singing "Twinkle Twinkle Little Star"

Set Up: Tumbltrak or Trampoline

In this rotation, Two Peas should focus on jumping forward with two feet on the Tumbltrak. For a challenge, have them put their hands on their hips. Repeat forward jumps 3-4 times while singing "Twinkle Twinkle. You can also play Twinkle Twinkle on stereo.