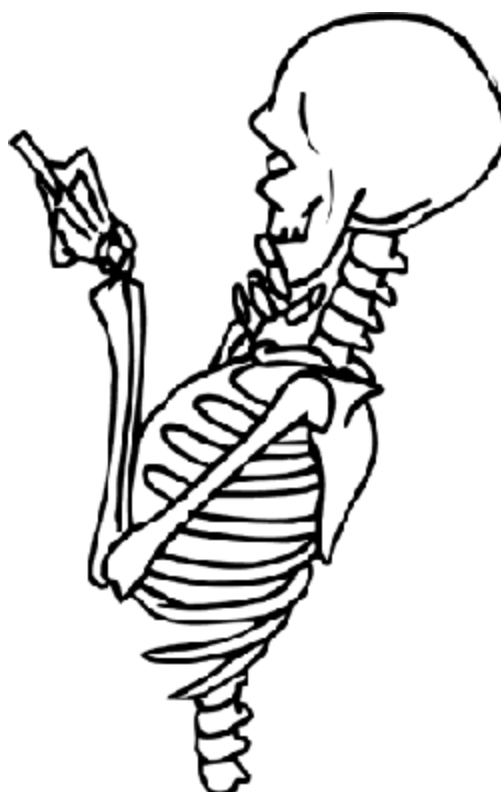


Halloween Week

Brant Lutska sent us this Halloween lesson plan which works well at BG's Gymnastics in Monessen, Pennsylvania, where Brant is the Program Director. Perhaps you can take some of these ideas or come up with your own to make this year's Halloween week of gymnastics' classes an exciting and fun time for your students!



Brant Lutska is a National KAT instructor and has coached and judged for the past 15 years. He has degrees in elementary education, early childhood education, special education, and information science.

This hour lesson plan may be used for preschool or adapted to school age students!

Weekly Concept:

Color - Orange
Position - Straddle

Hello and Roll Taking

Place many different colored felt squares on the floor. Tell each student to find an orange square upon which to sit. Give each student a pumpkin sticker to place upon his/her attendance chart.
(5 minutes)

Warm-Up Routine "Monster Mash"

- Jogging in place
 - Straddle jumps
 - Hop on one foot
 - Jumping jacks
- (5 minutes)

Stretching "Emphasize Straddle"

- Straddle stretching standing (leaning side to side) Straddle stretches (placing their nose on each knee)

- Bridges with legs apart, then move them together*
- Straddle splits
- Straddle presses (try to elevate legs)
- Straddle push-ups
(5 minutes)

**NOTE: The KAT program recommends that a child wait until he or she is 5 years old to start bridges. At this time, the student should start bridges with the body on the mat at least eight inches high with the hands on the floor to put weight on the shoulder and arms and not the lower back.*

Vault

"Squash the Spiders"

- Run
- Run, hit the board, straddle jump
- Run, hit the board, straddle on vault (onto 4" panel mat)
* *Cut out orange and black felt spiders and place on the spring board!*
(10 minutes)

Beam

"Haunted Beam"

- Kick like a scarecrow
- Jump over the spiders
- Witch walks (forward, backward, sideways)
- Black cat scales
* *Don't fall into the witches brew*
(10 minutes)

Obstacle Course

"Trick or Treating "

- Have six stations set up with treats at each station.
Try to have an instructor present at each station.
As the students arrive at each station, they must say trick-or-treat. They will then complete a skill and are given a treat. Prior to the start of the course, give each student a bag with his/her name on it.
(15 minutes)

Skills for the Obstacle Course (Remember it's straddle week)

- Straddle jumps on orange felt squares
- Straddle walks across the floor parallel bars
- Backward straddle rolls down the incline
- Hop-scotch
- Cartwheels
- Straddle forward rolls on orange felt squares

Closing Activities

"Pumpkin Carving"

- Give each student an orange balloon all ready blown-up and a black marker. Have each student draw a pumpkin face on the balloon.
(5 minutes)

Halloween Safety

- Have the parents come out on the floor and sit with their child. Discuss some safety rules with the children and their parents. While one teacher is discussing these rules have the other give the students their stamps for doing such a great job! Say something positive to each student as they receive their stamp! Have fun with this lesson plan. The kids really enjoy the day.
(5 minutes)

Creating a Haunted House

Another great idea for Halloween week would be to build a "Haunted House." Stand large and small panel mats on end. Make a long maze of mats attached together with velcro that is on the end of each panel mat. At the end of the tunnel put a strobe light. Make the end a little bigger than the rest of the maze as this will give everyone an opportunity to be around the strobe light. Also you can put a lid on the top by using a parachute or 4 inch landing mats. Placing mats on top makes it dark inside so you can use a flashlight to lead the children in and out. There is only one entrance and exit!

Have fun!