

With social distancing needed, here is a list of props and activities you can do right now. *Tumblebear Connection sells a video that shows all these activities titled #218-Using Props in Class. Enjoy!

Newspapers

- Scatter folded papers around room and have kids run, skip, hop, jump chassé, gallop, leap around and over them.
- Open up paper completely and child runs with it, behind it, to the side of it
- Get on all fours, put paper on top of you then try to crawl without losing the paper.
- Have them place a folded paper behind their bent leg holding it between their hamstrings and calf muscles then have them hop.
- Fold in half and balance it on their head. Turn, kneel down, and lie down without losing the paper.
- Place on head, walk, etc. (can be done on beam, too)
- At end of class crumble up the sheets of newspaper and have a snowball fight.

Hoops

- Can you put three body parts in the hoop?
- Spaceship on beam-spaceship can hover, then land. "Get out and walk on the moon with very little gravity. When the spaceship is ready for take-off, it could take you anywhere..."
- On trampoline (Santa belt, bunny ears)
- Frosty the Snowman
- One half hoop into cones
- One half hoop for jumping over on trampoline
- Add connected hoops together to make big hoops for Football/Basketball Week
- Drive car under beam while hoop is hooked
- Roll them to hand them out
- Penny spin contest
- Drive car with hoops to next event and use them to sit on
- Have child hold one end and put feet on the other end to learn hollow body (large hoop)
- Hang a hoop from high bar and use it as a visual cue to glide through to the low bar
- Put hands in for handstands
- Pass hoop around your body
- Use hoop like a jump rope (use two feet or one foot)
- Hoop spins around different body parts
- Ball and hoop-dribbling in hoop/out of hoop/around
- Jumping skills-use hoop patterns
- Hopping skills-example, left foot hopping
- Flutter
- Helicopter (twist, not flutter)
- Hoopla
- Hold the hoop and move it in a figure 8
- Animal walks around hoop
- Raise overhead and drop-don't touch your body
- Butterflies, squat, and v-sit in hoop

Rhythmic Ribbons

- Rain-throw behind and shake down
- Tornado overhead
- End of storm rainbow (left to right overhead)
- Stir pot of gold at the end of the rainbow
- Sun comes out-make a circle like the sun (sunrise/sunset)
- Flowers bloom
- Butterflies
- Go fishing (overhead whip down then catch a whale and make waves)
- Take a lazy walk and do figure eight on side
- Walk dog
- Snake
- Get in a (distanced) circle and call a name; they go in the middle and do their favorite thing
- Make shapes, letters, Christmas tree
- Write your name in the air

Canned goods

- Use as weights (bench press, bicep press, bicep curls, tricep extensions, push overhead, rhomboid pull backs, lateral raise, pectoral squeeze, upright rows, and bent over for one-armed deltoid lift)
- Interval training
- Step over them on beam
- Jog with them

Chairs

- Skiing or snowboarding
- Sit-flutter, single leg raises, or ride the bike
- Run around the track
- Horseback riding
- L-support between two chairs
- Push-ups-hands on chair or feet on chair
- Use chair to prop up one leg to stretch
- Sit and one at a time, bring leg up to stretch with hands
- V-sit on chair
- Lie on your back on the floor, legs on chair, do sit-ups

Big Sticks 5/8 "X 24-26"

- Deep breathing
- Circle on lateral plane forward moving left to right
- Alternate knee lifts
- Alternate opposite heel touch
- Knee bends with stick in front
- Lunge back
- Pull back, stretch and flex foot, then point

Beach Balls

- Parent and Tot Classes
 - Infants lie on tummy or back and roll on ball
 - Bounce and catch to child
 - Kids kick ball while standing in circle (moms are kneeling)
 - Roll it around cones
 - On all fours, push with head
 - Mom and child hold hands and balance the ball on their arms-(1. Pull arms apart, let it bounce, and catch it. 2. hold ball and try to move sideways. 3. Mom and child take turns bending down as the ball rolls down arms.)
- Roll down beam as student walks on the beam
- On low beam, bounce it alongside as they walk
- Hold overhead and walk on beam
- Hold it close to the chest and fall back to learn back drop on tramp (excellent drill!)
- Sway overhead and then do big lateral circles
- Roll it around cones
- Put it by tummy then do forward roll and egg roll
- Hold it in front and bring feet up to meet ball (pike jump)
- Sit in straddle and face the wall - throw ball, hit the wall, and then catch it
- Stand in straddle. Bend over and roll the ball around the L leg / R leg
- Roll it around in butterflies

Frisbees

- Throw it through hoops that are hanging from bars
- Throw through a rolling hoop
- Scatter about, then run around, jump over, do motor skills, and dance steps
- Use to sit on instead of carpet squares
- Put on head to walk on beam
- Balance on back and walk
- Balance on tummy for crab walk
- Hold between feet as child shimmys down high bar and drop in tub
- Throw into plastic bowling pins
- Put on head and carry small balls in it
- Put a foam ball in it then throw it up and catch it/toss back and forth with partner

Tubs

- Carry overhead
- Stand jump-off
- Jack-in-the-Box
- Flank around
- Motor skills or dance steps around
- Rock-N-Roll inside, on the side
- Great for storing small motor equipment
- Throw bean bags or ball in it
- Use as a spotting aid (turn it over to step on)

Paper Plates

- Position stamps
- Ice skates/rollerblades/speed skating/pairs skating
- Like a carpet square
- As steering wheels
- Use on paint stirring sticks for rackets and a “stop and go” sign
- Cross country skiing (pushing right to left slowly)
- Skateboarding-push back one leg lunge four times, twist (push, push, and jump on)

Little Beams


- Each child has their own: carries on head, twirls like a helicopter, walk on it and use as beam, forward roll, etc.

Balloons

- Hit balloon high, keep it low, move in a circle
- Bounce it
- Change hands, give your other hand a try
- Hit balloon with both sides of *hand*
- Hit balloon high and full turn to catch it
- Hit balloon against a wall overhead/underhand/forehand/backhand
- Hit balloon to left side/right side
- Alternate hitting balloon with *hand* and elbow

Stepping Stones Activities

- Hopping, jumping, step, hop, F/S/B (putting bean bag between ankles and jumping)
- Jump $\frac{1}{4}$ turn, $\frac{1}{2}$ turn with bean bag or ball between knees
- Bunny hops/back bunny hops
- Football drill
- Gallop through squares in stride positions
- Hop or jump in zigzag pattern
- While child walks down center lanes, he or she stops and bounces ball on right front and then left front square
- March through stones right hand hitting right leg, left hand left leg, saying R-L-R-L and finally
- skipping
- Pattern:

LR		L		LR
R		L		R
R		L		R
R		LR		R

- 10. Triple hop – hop right three squares, left three, etc...
- 11. Jump, jump, tap, tap—jump forward two squares and tap right foot to right, left foot—left continue
- 12. Zigzag walk, step right foot to left then left to right
- 13. Walk on heels/toes in and out/alternate
- 14. Stand on one square and throw bean bag forward and jump to it

Power Dots

- Inside heel turnout
- To help learn which leg for cartwheel, place a dot on foot
- On tummy and on shoulders (to press shoulders down)
- Energy dot (power button)
- Spread kids out on beams on, on floor
- Hip bones straight (splits)
- Third eye on chest
- Gallop (red catches blue)
- Chasse on nose/side chasse on ear
- Hopping (dot on one foot)
- Quiet dot (while it's on – extra special quiet)
- Put on carotid or radial artery to make it easier to find pulse

Ropes

- Spider web on beam (child winds in and then teacher pulls rope and they do a turn)
- Put big rope in zigzag, then they jump left to right

Balls

- Tennis ball and big plastic cups
- Harlem Globetrotters “Sweet Georgia Brown” (play music and pass ball around quickly)
- Bounce ball and move left to right
- Ball between knees to learn to keep legs together in skills
- Bounce along beam
- Hold overhead on beam

Balloons

- Balloon goes up clap and catch
- Balloon goes up as you walk – forward 2x and backward 2x
- Hit balloon to L/R side
- Sit ups with balloon between knees and hit balloon with hands
- Hang from bars with curling ribbon
- Leave it on floor - tuck, pike, straddle, jump over it, run around it, and do motor skills around it
- Kick balloon through circuit around cones
- Lay on back, throw, and catch

Bean Bags

- Hop with it on your knees
- Put under chin to teach forward and backward roll
- Parent and Tot class pretend the bean bag is a wash cloth for body part identification. “Can you wash your knees? Under your arms?”
- Put bean bag between ankles in squat “can you stand up in TaDa and not drop the bean bag?”

Lumni Sticks

- Peel carrot (scrape)
- Make a T, tower, X

Noodles

- On Tumbler Trak to separate into mini-trampolines
- On Tumbler Trak for a visual cue for cartwheels and jumps
- Stuck into cones to make archways
- Try to walk on as a beam
- Put between legs to teach gallop
- Witch's broom for Halloween
- Javelin throw during Mini Olympics
- Parent and Tot (hold onto) for sit-ups
- Separate a lane to straighten out cartwheels

Other Props

- Plastic turtles, puppets, inflatable dinosaurs, and bowling pins
- Hoppity Hops
- Beach towels (bring their own)
- Butterfly nets
- Small beams
- Step benches
- Pie tins
- Milk jug scoopers
- Exercise wheel
- Vinyl shapes
- Placemats

Click [HERE](#) for **#218 – Using Props in Class**. *This video and book set shows all these social distancing prop ideas and more.*



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