

With social distancing STILL 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: #174 - Fun Stuff to Do to Start and End Your Class. Enjoy!

#174—Fun Stuff to Do to Start and End Your Class

List of games and activities that can be utilized during social distancing

Page 1—Attendance Format

This is your opportunity to showcase each student's name, have the children get to know each other, the instructor to know the children, AND to review the last week's focus skill. As you call their name for attendance, they can do the following things:

1. Small circuit – 1 student at time goes
2. Positions – tuck, straddle, pike, etc. Call it out and they do it.
3. Recently learned skill- demonstrate it
4. Address or phone number
5. Dad's Name/Mom's Name/Brother's Name/Pet's Name
6. Incline Standing on Fat End – Child stands up with back against incline and does a backward roll when the incline falls down.
7. Do any skill, motor skill, or gymnastics skill just to recognize each child individually and start the class off with a smile on their face.
8. Going through the attendance sheets see if child #1 knows if child #2 is here, then if child #2 knows if child #3 is here and so on.

Page 2—Preschool Warm-ups-Use all these in order for a traditional warm-up feel.

1. Say Yes and No – Eyes look up and down.
2. I Don't Know – Say I don't know with your shoulders and roll them back.
3. Back Arm Circles in a Storm – Try to stay on a line.
4. Punching Bag- punch arms alternately in front
5. Washing Machine – Arms out and twist
6. Bridge Poem – Feet by your seat, hands by hair, belly button in the air.
7. Popcorn – Squat & pound floor 1-2-3, jump up and Ta-Da!
8. Hot Floor – Multiple Tuck jumps in a row.

9. Butterfly Catcher – “Get down”...”DUCK!”
10. Peanut Butter Sandwich – Sit in pike, spread peanut butter & jelly, vacuum up crumbs
11. Pencil Points – Pointed toes.
12. Itsy Bitsy Spider – Down the legs in straddle
13. Splits – Headlights forward and tail wag.
14. Crab Push-ups – Get on all fours with tummy to ceiling and fingers pointed towards feet. Now bend and straighten arms.
15. Tabletop – Crab with tummy to the ceiling
16. Cat Stretch – On all fours; arch and straight body.
17. Do all positions: lunge (not lunch!), V-Sit, Ta-Da, etc.
18. Inchworm – Get in push-up position, inch feet to hands, then walk hands back out to push-up
19. Point and flex feet and hands at the same time
20. Dog Wag Tail – all fours and shake bottom. This is great for body awareness.
21. Knee Scales – dog/cat, “Where is your tail?” Practice on the floor before bringing it to the beam
22. Doggie Push-ups. Get your noses to the floor

Page 3-Beginning Activities-Aerobic type activities

- b. Up and over trapezoid pieces
- d. Run up and down mat
- e. Motor skills around gym
- f. Hitting boards & mini-tramps and running back
- g. Run up and down the Tumbler Trak
- h. Jumping rope with hoops as you move down lane
- i. Hopposites (Left arm/Right Leg) all around the room
- j. Using The Original Blocks in a circle (do straddles & move forward. Use William Tell Overture)
- k. Leaps (stride and split)

Page 3-Games

12. Silent Warm-ups – No instructions but pantomime the exercises for warm-up
13. Use the stop and go sign- After the teacher demonstrates a motor skill, a position, or an animal walk, the kids will re-enact the skill until the teacher changes the sign to stop.
14. The children start standing by a hoop. As music plays, the teacher calls out a motor skill. When the music stops, the teacher calls out a body part for the child to put in the hoop.
15. Using props such as jump ropes, 12” ropes, balls, beanbags, balloons, rhythmic ribbons, foam shapes, lummi sticks, wands, belly bumpers, and scooters.(check out our DVD #218 “Using Props in Class”)
16. Warm-up to different movie themes songs (have movie theme of the month)
17. Lummi Stick Rhythms – as the teacher taps the sticks to a beat, the children move with dance steps or motor skills. The taps should go slow, then fast, soft, then loud.
21. Educational Warm-up – colors, numbers, shapes, muscles, bones, body parts, and animals.
25. Exercising – Jumping Jacks and “I Love Gymnastics – Hey!” Arm Sways – “I must practice hard!”
26. Scatter Plate Game – Write funny motor skills on the back of a plate. Scatter the plates throughout the gym. Have the children run plate to plate doing the activities for two minutes.

Page 4-Mom & Tot Warm-Up Exercises

1. Angel on Feet- Mom lies on back while child’s tummy is on her feet with arms held by mom.
2. Waist Back Handsprings- Mom holds child around waist with child facing her. Mom lowers child down to mat with child’s arms extended and head going back first. (Backwards)
3. Wheel Barrel- Child is down in push-ups position and Mom holds lower thighs as child’s walks on hands.
4. Airplane- Mom holds child under tummy as they swing in a circle with child’s arms and legs extended.
5. Lummi Stick Sit-ups- Mom stands up as child lies with her rear on Mom’s feet facing Mom. Then, Mom helps her sit-up by gently holding their hands.
6. Bucking Bronco- Mom lies on back with knees bent and child lies on her shins. Then Mom bounces the child up and down.

Page 5- Warm Up Exercise Ideas - Ideas from the KinderGym Recipe book from the Gymnastics Federation of Canada

1. Hug Stretch

- a. "Arms way above your head, give yourself a big hug"
- b. "Let your arms disappear behind you"
- c. "Hold hands, stretch, and then hug"
- d. "Let's put them way out to the side, now hug"

While this is going on the instructor can be saying the children's names... there is no need to take the time for attendance, it should be done at the end of class or by the other instructor while warm-ups are going on.

2. Sit in a straddle position. Next comes the weather report. "Here comes the sun up in the east and down in the west." (Hands held in circle overhead) "There's lots of wind about" and "snow (or rain) down by your toes", "Here comes the snowplow" (Lots of noise on the floor, hands, feet, etc. Great attention getter).

3. Now let's bicycle off to Grandmother's house. Sitting upright to see where you are going, "up the hill and around the corner".

4. Make a table (on all fours and push tummy to the ceiling.) "What did you have for lunch?" Children love to tell you but they must maintain the table position and pick one hand up to put it on their table. Everyone could move into the center still holding their tables and cross their legs while sipping tea at Grandma's! "Now tip over and we'll make a mess." Children really get involved here and love to make a mess! Bear walk back to mats and sit.

5. Move right into sit-ups (hands folded on chest and just lift the head). Grasp under knee and rock and roll (curl up body).

6. Roll over tummy and do the good morning stretch. "Good morning" (lift on straight arms). "Goodnight" as drop down to sleep.

7. Let's curl up like little balls and roll over then come back up to hands and feet; do push-ups. "How many shall we do?" Keep knees bent and push body up and lower slowly. Now try it in straddle.

8. Show me your jumping jacks... apart together, apart together.

Page 9 - Activities for End of Class

1. Stretch and Flexibility Work

2. Exercise and Count – Calisthenics

Push-Ups

Knee Scale

Straddle

Knee

One knee, egg roll, one knee

On trapezoid pieces

On Beam

On Incline

Sit-Ups

Clap

Hit knees

Star (children lie on their backs in a circle with feet touching. Have children sit up and high five)

3. Bye-Byes- clap and say, "Bye bye Addison, Bye Bye Olivia, and then each child's name in class
4. Clap 5x and yell, "I did great today"
5. Show Off Minute (each student does a skill and the class give a standing ovation)
6. Ring Bell in gym for each child
7. Hugs!
8. Creative Movement – Better for end of class; feel more relaxed (sway like a tree, walk in mud, etc.)
9. Relay Races
10. Pillowcase Races
11. Phone Grandma – Tell her "I did my forward roll!"
25. Handstand Contest
26. The Bridge Wave/The Split Wave
27. Ice skating with paper plates (take their skates home)

Click [HERE](#) for [#174 - Fun Stuff to Do to Start and End Your Class](#). *This video and book set shows all these social distancing ideas for starting and ending your class.*

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