

TEACHERS' AIDE
DVD 4-9years (Beginner)

Suggestions: Please have students have a water bottle, use the bathroom & tie their shoes prior to beginning.

WARM-UP- (7 minutes)

- **Suggestion:** have carpet squares or mats if room is not carpeted.

Gong on a Nature Hike; (Learn music ahead of time)

- “*Going on a Bear Hunt*” in a movement routine

The Children are in the Gym:

- “*The Farmers in the Dell*” in a movement routine

Ball Fitness:

- Movement exercise with one ball
- A small ball (tennis) able to hold in one hand

YOGA (10 MINUTES)* Very Good (right and left sides are demonstrated equally)

- Position relaxed, laying, standing position, prayer position, arm circles, hip walking etc.
- **Suggestion:** Great opportunity for vocabulary.
- **Suggestions:** carpets or mats are needed for most of the floor poses. Remove shoes & make sure the student keeps socks on.

POWER JUMPING (10 MINUTES)

- Jumping on a spot, jumping jacks, elbow to knee, jump & twist, trunk jumps, jump rope, ski jumps, can jumps, highest jump, star jumps

Classroom Resources

- **Printable lessons plans** insert DVD in computer and follow directions