

Metroplex Preschool Gymnastics
STATE FAIR WEEK WARM-UP

1. Welcome students toSTATE FAIR WEEK!
2. Start class doing thewarm-up song “Walking in a Circle” by Julie Wylie, using the stretchy-band to mimic going in a circlelike a merry-go-round at the state fair.
3. After the song talk aboutand practice doing a few different gymnastics body positions that will be used in the circuits thisweek:

Slide (we call it a slide with the preschoolers for fun, but its real name is reverse-plank)



“Slide Position”

Upside-down Slide (we call it this for the preschoolers, but its real name is plank)



“Upside Down Slide”

Enhance the stability of the hips, torso and shoulders

Landing Position (a fun way to teach this is to have the students jump up and down and when the coach calls out stop/freeze they stop in a proper landing position)



“Landing Position”

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Walking in a Circle – Julie Wylie (1:48)

(can use stretchy-band)

Walking in a Circlearound we go,

Walking in a Circlearound we go,

Walking in a Circle around wego,and now get ready to STOP!

Back the other wayina circle we go,

Walking in a Circlearound we go,

Walking in a Circle around wego,and now get ready to STOP!

Into the middle and bounce, bounce, bounce,

Walking back with a bounce, bounce, bounce,

Into the middle and bounce, bounce, bounce,

Walking backand STOP!

Side to sidetoside we go,

Side to sidetoside we go,

Side to side to side we go,andnow get ready to STOP!

Walking in a Circlearound we go,

Walking in a Circlearound we go,

Walking in a Circle around wego,and now get ready to STOP!