

WARM-UP: DECEMBER FUN

WARM-UP SONGS:

Week 1: Jingle Bells/Jingle Song (Hap Palmer) - ring jingle bells as you act out the song

Week 2: North Pole Party Freeze Dance (The Kiboomers)

STRETCHES:

Week 1: Do “Santa Stretch” activity cards

Week 2: Make Christmas Cookies - sit in a butterfly, pike, and straddle position and pretend to make Christmas cookies.



Tuck Jump



TREE POSE



JINGLE BELL CURLS



Santa Stretch



BALANCE ON ONE FOOT



Christmas Warm-Up

(making cookies)

We're going to do a really fun little warm-up stretch today, we aregoing to make some delicious Christmas cookies so let's geton those baking aprons and let's get started!



Sitting in a Butterfly get out our big mixing bowl.



Next, stretch to each side as you grab all the ingredients for our yummy cookies today (examples, grab our sugar, flour, eggs..)



Next, add chocolate chips. Stretch arms up super tall and grab the chocolate chips from the top cabinet.



Next, put all of our ingredients in to our big bowl, grab a big spoon and mix up our cookies.



Next, Pike Stretch on forward and grab our baking tray.



Next, open up our ovens – Sit in a Straddle - put baking tray down, and cut out all of our yummy cookies. Ask students what shape we should cut our cookies into today (examples might be candy canes, Santa, reindeer, gingerbread man).



Next, it's time to put our cookies into the oven we have to stretch on over to one side and turn on the over, then we stretch over to the other side and turn on the kitchen timer.



Next, we reach to the middle and count to 12 while our cookies are cooking, then take them out of the oven, blow on them to cool them off, and eat them all up!



Great job everyone! Give yourself BIG clapping! [Applause]