

WARM-UP ALL CLASSES

SONG: Run Baby Run (Casper Baby Pants)

LANDING POSITION: Practice jumping up and down then “freeze” in a safe landing position.



GYM SAFETY GAME - READY, SET, GO!

Set Up:
Use an open space with a mat or designated line on each side. Have the children sit together on one side. Teacher holds the STOP/GO sign.

How to Play:

1. Hold up the STOP sign while the children wait.
2. Slowly and loudly say, “READY, SET, GO!”
3. On GO, flip the sign to GO and have everyone travel to the other side and sit down.
4. Repeat, traveling back and forth between the two sides.
5. Keep it fun and stop before they lose interest!

Toddlers: Encourage them to say “READY, SET, GO!” with you.

Older Kids: Change the way they travel each round:
Run • Bear Crawl • Frog Jumps • Kangaroo Hops • Tiptoe • Twirl