

WARM-UP
MOUNTS & DISMOUNTS with Tom the Turkey

RED CLASSES

WARM-UP SONG: Open Shut Them (Hap Palmer)

STRETCHES: Announce to parents we will be focusing on different types of “Mounts” and “Dismounts” this week and we need to stretch and practice a few different positions.

- Squat on mount (vault)
- Straddle on mount (vault)
- Knee scale mount (beam)
- Tuck jump dismount
- Straddle jump dismount
- Landing position (freeze) and finish (arms up)

GREEN/YELLOW CLASSES

NO SONG this week, but instead play a listening game called “Turkey Trot”.

- Have students line up on one side of the playing area.
- Tell students the magic word of the game is “Turkey” & that they are the Turkeys.
- Tell them that whenever they hear you call out the magic word they need to run to safety on the other side of the playing area. (you can add variety to the game by changing running to hopping, skipping, bear walks, frog jumps, etc.)
- Call out different words trying to encourage listening skills until you say “Turkey”.
- Play several times until the students are warmed up.

*****The goal for circle time is to warm-up the body and have some Thanksgiving fun*****

AFTER THE GAME TALK ABOUT:

- Mounts - getting on something
- Dismounts - getting off something

PRACTICE:

- Squat on mount (vault)
- Straddle on mount (vault)
- Knee scale mount (beam)
- Tuck jump dismount
- Straddle jump dismount
- Landing position (freeze) and finish w/arms up (say Gobble-Gobble instead of ta-da this week!