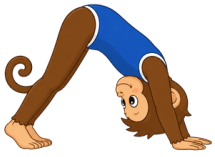


WARM-UP UPSIDE-DOWN

RED CLASSES

SONG: Rock and Roll Freeze Dance (by Hap Palmer)
Use shakers, dance, and freeze.

UPSIDE-DOWN ACTIVITIES: Try a few fun upside down activities as well as the activity cards.


DOWNWARD DOG

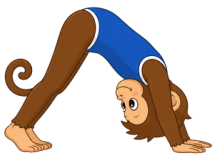

CRAWL UNDER


DONEKY KICK


TUMMY TABLE

GREEN/YELLOW CLASSES

ACTIVITY #1: Use a piece of foam to make a dice. Roll the dice and thats how many times/how long you do an activity card.


DOWNWARD DOG


DONEKY KICK


TUMMY TABLE


CANDLESTICK

ACTIVITY #2: "Upside-Down Handstand Game"

1. Have students lie on their backs with their arms and legs extended and tight.
2. Next, the coach will lift each child by the ankles until they are in a handstand position. Students must keep their arms straight to support the handstand and keep their head off the floor.
3. Lastly, the coach will hold the child upside down until they gently step down out of the handstand, one leg at a time.