



Fly Little Bats

(Wee Sing)



Fly, fly, fly little bats,
Fly, fly, fly little bats,
Fly, fly, fly little bats,
Halloween is here!

Crawl, crawl, crawl little spiders,
Crawl, crawl, crawl little spiders,
Crawl, crawl, crawl little spiders,
Halloween is here!

Stomp, stomp, stomp little monsters,
Stomp, stomp, stomp little monsters,
Stomp, stomp, stomp little monsters,
Halloween is here!

Creep, creep, creep little cats,
Creep, creep, creep little cats,
Creep, creep, creep little cats,
Halloween is here!

Dance, dance, dance little skeletons,
Dance, dance, dance little skeletons,
Dance, dance, dance little skeletons,
Halloween is here!

Float, float, float little ghosts,
Float, float, float little ghosts,
Float, float, float little ghosts,
Halloween is here!

Halloween Warm-Up

(making cookies)

We're going to do a really fun little warm-up stretch today, we are going to make some delicious Halloween cookies so let's get on 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 ghosts, pumpkins, bats).



Next, it's time to put our cookies into the oven we have to stretch on over to one side and turn on the oven, 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]

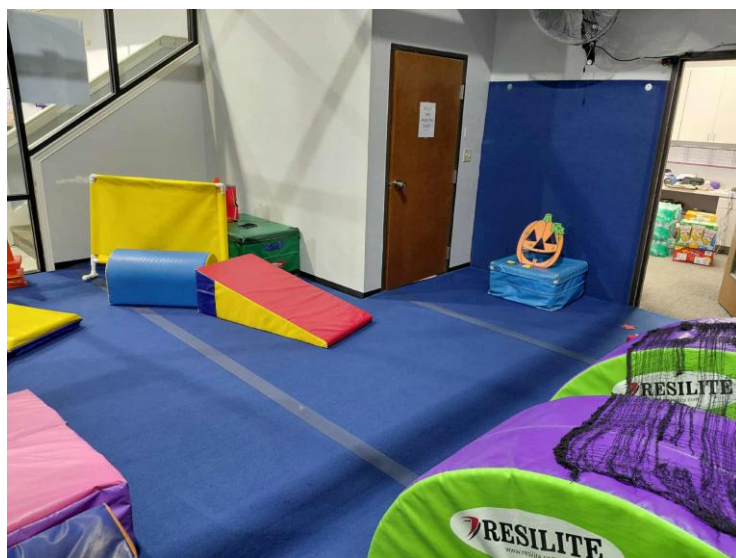
Metroplex Preschool Gymnastics Halloween

Blue Room

- Go through Maze
- Candy Corn bean bag toss
- Cartwheel mat
- Crawl through balance beam tunnel
- Roll down wedge mat

Coaches, this is a VERY simple circuit with VERY simple stations. Take this opportunity to practice a new rolling skill at the wedge mat with your students. Some ideas are:

- Forward roll to straddle sit
- Forward straddle roll to straddle stand
- Backward roll
- Backward roll to straddle stand
- Backward straddle roll to straddle stand
- Backward roll to “upside down slide” position



Metroplex Preschool Gymnastics Halloween

Purple Floor

- Giant Donut SPOTTED – Fly like a bat to forward roll down wedge
- Chin hang or swing holding pumpkin in-between legs or feet.
- Straddle Sole Circle Hang
- Walk across beam stepping over the sleeping spiders
- Run, jump off springboard to doggie, squat, or straddle position or to standing feet
- Roll down wedge
- Walk on crayon beam stopping to tap Halloween cups

*****Coaches, **always** spot to the donut and roll while facing the entire circuit. **Do not turn your back** on the class for safety reasons.***

