



MOVEMENT PRESCHOOL SAMPLE LESSON PLAN

Thank you for downloading our Movement Preschool sample lesson plan. Please take the time to read through it to discover the many health, movement and academic subjects we have carefully included. Our lesson plans are robust and detailed, but also flexible enough to fit different class lengths and frequencies.

We have designed a similar lesson plan with different themes and activities for every week of the year. I would love to talk with you personally about your program's specific needs and goals and how we can help! Please email me at cahootsfitness@gmail.com and I will respond quickly.

I want to see your business thrive and help your health-focused children programming succeed. You can do this!

Best wishes,

Megan Murff
Owner/Founder
Cahoots Fitness, LLC



Movement Preschool Curriculum

MARCH WEEK 4	HEALTHY EMOTIONS
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LESSON SUMMARY

TIME	ACTIVITY	OPTIONS
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Lesson plan is **60 minutes** long, with flexibility to make the lesson longer or shorter by including more activity options or taking away activity categories. Make it your own!

3-5 min	OPENING ACTIVITY	(Choose 1) Bean Bag Toss through Hula Hoop Bean Bag Toss with Colors and Letter B
5 min	WARM-UP ACTIVITY	(Choose 1) Movement with Emotion Leg Stretches
5-8 min	READING	Mon Alligator is Angry by Rosie Greening Tues Squirrel is Sad by Rosie Greening Wed Sheep is Scared by Rosie Greening Thurs Hippo is Happy by Rosie Greening Fri Pete the Cat and His Four Groovy Buttons OR Pete the Cat: I Love My White Shoes by Eric Litwin
5-8 min	LEARNING ACTIVITY:	(Choose 1) What Emotion Is This? Emotions Scavenger Hunt Fishing for Feelings Mirror Emotions Emotion Follow the Leader

4 min	MUSIC	(Choose 2) “Emotions Song” “The Emotions Hokey Pokey” “If You’re Happy and You Know It” “My Ups and Downs”
3 min	Drink Break	
5 min	MAKING FRIENDS	Ask each child, “what makes you feel happy?” or “what makes you feel _____” (pick an emotion).
10 min	GYMNASTICS: JUMPING EMPHASIS	(Choose 1 or 2 or combine them into an obstacle course once children are familiar) Beam Bunny Hops Hula Hoop Polka Dot Jumps
10 min	SPORTS: HULA HOOP EMPHASIS	(Choose 2) Rolling Hoops Partner Roll Tuck Jump Hula Jump Hula Hoop Leap Frog Hula Hooping
3 min	CLOSING ACTIVITY	Don’t Smile
2 min	SHOES and CHEER	“Happy, healthy, Cahoots!” or choose your own



Movement Preschool Curriculum

MARCH

WEEK 4: HEALTHY EMOTIONS

DETAILED LESSON PLAN

Movement Preschool lessons are designed to be **60 minutes** long, with flexibility to make the lesson shorter or longer by eliminating activity categories, including more activity options, and/or by spending more or less time on each activity as desired.

Each lesson plan was designed to be used for a week. It can be utilized for 1-5 sessions in a week to meet the needs of your specific program. This flexibility is possible because multiple activity options are provided in each category, and many activities can be repeated to help children learn and progress.

EQUIPMENT NEEDED

For all lesson configurations

bean bags, hula hoops, ball, lesson printouts found at the end of this lesson plan (Colorful B's, emotion faces), book (see lesson for specifics), music player (with connection to Spotify playlist)

Only needed for certain activity options

homemade "fishing pole" with clip or clothespin on the end, mirror, cones, balance beam (or creative alternative), colorful rubber dots, gymnastics floor mat

(The Number and Letter of the Week are **optional elements** that are easy to include if you would like to teach more preschool academics; specific suggestions are given in this color throughout the lesson)

Number of the week - 5 (Do activities in counts of 5; example: do 5 jumps)

Letter of the week- B (Use and point out words that start with B throughout the lesson)

Example B Words:

Bat, ball, bell, banana, boat, butterfly, book, brush, bow, bird, body, bus, balloon, bag, bad, bear, baby, bike, bone, bread, bucket, boy, bee, bug, bunny, bounce, balance, beam, bean bag

MARCH WEEK 4: HEALTHY EMOTIONS

TIME	LESSON CONTENT
3-5 min	<p><u>OPENING ACTIVITY</u> (to do as children are arriving and for the first few minutes of class)</p> <p>Bean Bag Toss through Hula Hoop (point out that bean bag starts with B) Spread out bean bags and hula hoops across the floor. Children toss the bean bags into the hoops. The hula hoops can be on the ground or an instructor can hold them in the air.</p> <p>OR</p> <p>Bean Bag Toss with Colors and Letter B (point out Letter and Number of the week) Use 5 hula hoops. Print-out 5 colored B's (in lesson plan) and place one in each hula hoop. Instruct children to toss a bean bag into the color that you call. Tell children a word that starts with B, or ask them to tell you a word that starts with B, each time they throw a bean bag into the hula hoop.</p>
5 min	<p><u>WARM-UP ACTIVITY</u></p> <p>Movement with Emotion Line up the children against the wall and instruct them to move across the room with the following actions (one action at a time). Connect each action with an emotion.</p> <ul style="list-style-type: none">Jump (Excited)Skip (Happy)Stomp (Angry)Tip-Toe (Shy)Run (Scared)Walk Backwards (Confused)Frog Jump (Surprised)Roll (Silly)Drag (Sad) <p>OR</p> <p>Leg Stretches (Tell children they will be jumping a lot today so they are going to stretch out their legs to get them ready; use as few or as many of the stretches below as suits your time, and mix them up each class)</p>

Straddles Stretches

Sing "Itsy Bitsy Spider" while in the sitting straddle position. When the spider climbs up the waterspout, have fingers crawl up one leg, or up the center in between the legs. When the sun comes out, make a sun above the head and then stretch the sun over each leg and the area in between the legs.

With fingers as the spiders, crawl them away from the body, and then "catch" the spider and pull it back to the body. Next time, see if the "spider" can get farther, crawling fingers a little farther this time.

Butterfly Stretches (Butterfly starts with B)

With feet together, sitting in the butterfly position, tell the children you are going on a field trip. Ask the children where they want to go and then commentate as you flap your legs and fly around. Lean to the left and right and lean forward as you dodge different obstacles. At some point, spot the "butterfly catcher" and "hide" under a rock (put your face down to your toes and hold it there). Look up and say "Is he gone?", say "nope!" and hide your face in your toes again. Repeat as desired and then continue on your journey. "Fly home" when you're ready.

While sitting in the butterfly position, make a sandwich with your feet being the bread. Ask children what they want in their sandwich. Pretend to put items in between feet. Squish "bread" (feet) together and then "eat" the sandwich by bringing your face down to your toes. Hold it for at least 10 seconds.

Pike Stretch

Children start by sitting on the ground, bending knees and holding on to toes. Instructor comes around and "irons out" legs (so they are straight) into a pike. See how straight their legs can get while holding on to toes.

Hamstring Stretch

Reach up to the sky like you are a tall tree. The instructor comes around and chops the trees down at the waist. Arms fall down and touch the toes without bending knees.

Splits Stretches

Sit up tall on your knees like a soldier (solute children as they do this). Then stick out one leg straight like a sword. Try to touch your toes with one leg straight. Solute children after doing this. Then have the knee that is still straight push backwards, seeing how straight they can get it (this should put them in a split). Count to ten as you hold this stretch. Repeat for the other leg.

Center split: stand with legs in a triangle. Your feet are on slippery ice! Slide feet down as far as they will go. Squish that triangle as flat as it will go. Hold for at least 10 seconds. Come out of split and shake legs (make an earthquake!).

	<p>Ankle/Foot Stretches While sitting down, cross one ankle over the other knee and “draw” pictures with your foot as you roll out your ankle. Switch feet.</p>
5-8 min	<p>READING (books are optional, and can be replaced with other books on the topic of emotions; books can likely be checked out from the local library)</p> <p>Mon <i>Alligator is Angry</i> by Rosie Greening Tues <i>Squirrel is Sad</i> by Rosie Greening Wed <i>Sheep is Scared</i> by Rosie Greening Thurs <i>Hippo is Happy</i> by Rosie Greening Fri <i>Pete the Cat and His Four Groovy Buttons</i> by Eric Litwin OR <i>Pete the Cat: I Love My White Shoes</i> by Eric Litwin (Talk about how Pete could be happy even without his buttons or how he chose to be happy even when bad things happened to his shoes.)</p>
5-8 min	<p>LEARNING ACTIVITY: (choose one)</p> <p>What Emotion Is This? Hold up one of the “emotion” faces. Ask the children, “What emotion is this?” Ask them to show you that emotion. Explain what we usually do when we feel that emotion and how we can deal with it in a healthy way.</p> <p>Emotions Scavenger Hunt Print and cut out the “emotions” faces. Before class, put them in different hiding spots around the room. Instruct children to search the room, find one each, and bring it back to their sitting spot in front of the instructor. Then talk about each emotion.</p> <p>Mirror Emotions Line the children up facing a mirror. Call out an emotion and ask them to make a face that shows that emotion in front of the mirror. Talk about each emotion.</p> <p>Emotion Follow the Leader Explain that you are going to play “follow the leader” using your faces. The instructor will make a face and the children will try to imitate. If you have a mirror, position it so the children can see their own faces in the mirror. After each face you make, ask the children if they can guess what emotion(s) someone might be feeling when they make that face. Once the</p>

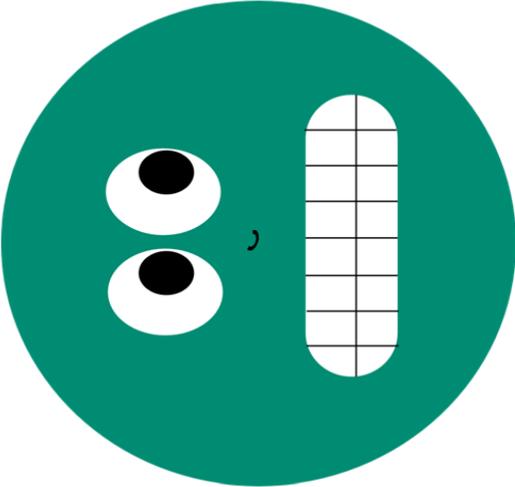
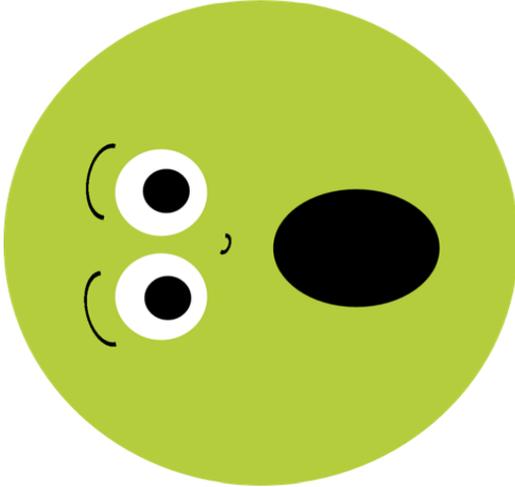
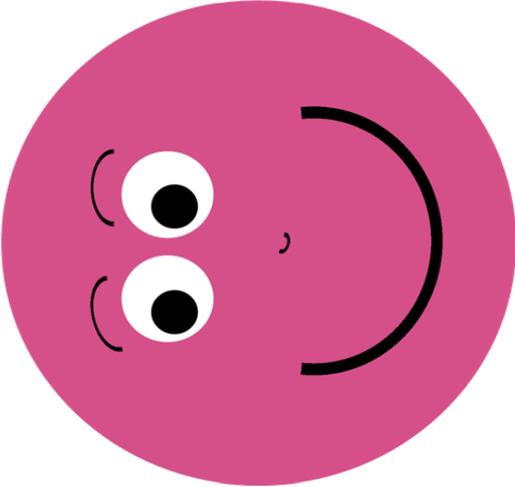
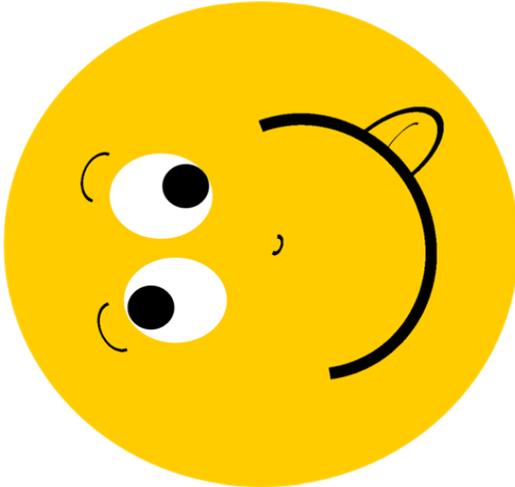
	<p>children seem to understand the game well, invite a child to be the leader. After each emotion, ask the children what they can do when they feel that way.</p> <p>Fishing for Feelings Print and cut out the “emotions” faces. Use a tumbling mat, a piece of cardboard, a piece of furniture, or whatever you have available to create a “wall”. Have children sit on one side of the wall and an instructor sits on the other side with the emotion faces. Children will take turns “fishing” (with a homemade fishing pole with a clip or clothespin on the end). Help the child fling the clip over the wall and wait for a “fish to bite.” The instructor on the other side attaches an emotion picture and then gently tugs on the string to cue the child that a fish has been caught. Each time an “emotion” is caught, explain what it is, what it feels like and how to handle it in a healthy way.</p>
4 min	<p><u>MUSIC</u> *Choose 2 songs for each class (songs are available on Spotify playlist: March Songs - Movement Preschool by M Murff)</p> <p>“Emotions Song” by The Kiboomers “The Emotions Hokey Pokey” by The Kiboomers “If You’re Happy and You Know It” by The Wiggles “My Ups and Downs” by Jim Gill</p>
3 min	<p>Drink Break</p>
5 min	<p><u>MAKING FRIENDS</u></p> <p>Sit in a circle with everyone in a straddle position, feet touching. Roll a ball to each other. When a child gets the ball, he/she shares their name and the instructor asks them to show you an emotion, such as their best happy face. Or ask each child, “what makes you feel happy?” or “what makes you feel _____” (pick an emotion). (For Letter of the Week: “Say your name and a word that starts with B”)</p>
10 min	<p><u>GYMNASTICS: JUMPING EMPHASIS</u></p> <p>Instructors can select one or two of the following elements to do each day, or combine them all into an obstacle course once the children are familiar with each activity.</p> <p>Beam Show the children how to bunny hop across the beam. For more of a challenge, children can do a tuck jump when they get to the middle of the balance beam. (Point out “Beam starts with B”)</p>

	<p>Bunny Hops Set up cones across the floor. Show the children how to bunny hop over and around the cones. (Point out “Bunny starts with B”)</p> <p>Hula Hoop Demonstrate for children how to put hands inside a hula hoop with feet outside of the hoop. Keep hands glued to the floor while feet jump up and down (like a donkey kick). (Set up 5 hula hoops to coordinate with number of the week; count to 5 kicks)</p> <p>Polka Dot Jumps A child stands on a rubber circle and the instructor places a second rubber circle about a foot in front of the first one. The child tries to take one big jump from one circle to the other. If they make it successfully, spread their circles a little further and try jumping again. Keep scooting the circles apart to see how far the child can jump each time.</p> <p>Transition to Sports: Have the children line up and touch the wall while an instructor explains the sports activity. Another instructor should set up the hula hoops so they are ready to go when the other instructor finishes explaining.</p>
10 min	<p><u>SPORTS: HULA HOOP EMPHASIS</u></p> <p>Rolling Hoops Show the children how to roll their hula hoop. Have them roll their hoop from one end of the room to the other.</p> <p>Partner Roll Children partner up and roll the hula hoop back and forth between them. (Roll it 5 times)</p> <p>Hula Hoop Leap Frog Line up hula hoops on the ground. Have students do frog jumps from one hoop to the next. Change the arrangement of the hoops to mix it up.</p> <p>Tuck Jump Children try to do tuck jumps while inside a hula hoop. Bigger children can hold onto the edges of the hula hoop while they jump, and smaller children can leave the hula hoop on the</p>

	<p>ground. Encourage children to bring their knees as high as they can; for children holding onto the hula hoop, their knees should come all the way up inside the hoop. (Do 5 tuck jumps)</p> <p>Hula Jump An instructor holds a hula hoop close to the ground (while standing on a padded mat to break any falls). Children should try to jump through the hoop. Hold the hoop a little higher each time. For safety, do not go too high.</p> <p>Hula Hooping Show students how to use a hula hoop and then let them give it a try!</p> <p>Transition: Ask children to put away their hula hoops then run and put their elbow on the wall. Explain the closing activity to them and that you will be doing the cheer when it is done.</p>
3 min	<p><u>CLOSING ACTIVITY</u></p> <p>Don't Smile Have children sit on the floor in a group. One child stands in front and tries NOT to smile. Children take turns coming up and trying to make the child smile. Whoever gets the child to smile gets to be "it" next and try not to smile.</p> <p>Transition: Tell the children to run to the middle and put their hands in for the cheer.</p>
2 min	<p><u>SHOES and CHEER</u> Help the children put on shoes and socks. Then gather everyone for the cheer. Count to the number of the week (5) and cheer together. (We suggest: "Happy, healthy, Cahoots!" or choose your own)</p>

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Emotions Faces



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