

**Debbie Love
Preschool Curriculum**

1 hour class

- Baby and me - Rollers
- Walkers to 2 year olds - Jumpers
- 3/4 year olds - Twisters
- Resources needed:
 - Parachute
 - Bean bags
 - Rhythm sticks
 - Scarves
 - Paper plates
 - Pieces of rope
 - Ladder on floor or do a chalk one
 - Rubber bands
 - Pool noodles
 - Hoops
 - Vinyl circles or pieces of Velcro

Baby and me - Class to be with a parent or caregiver - Rollers

Purpose: To provide a safe, positive, fun environment where caregiver and young child can experience exercise together

Plan: if you have trampoline, slides, and/or other preschool equipment use them with this age. Make sure you have safety policies that are specifically for this age and everyone understands them. You can use mats to make obstacle courses, mountains, bridges, and tunnels. You can make balance beams.

Guide: Choose at least 5 exercises from each group. Choose based on median age represented. Other than this structured time it should be active free play with caregiver interacting with child.

Exercises:

- For caregiver with child
 - Caregiver lie down on back with baby on hands of arms extended upward. Do presses with baby.
 - Honeymoon squats with baby in cradle.
 - Hold baby in front of you and do thoracic stretches - twist torso maintaining square hips
 - Michael Jackson squats. Squat, raise to toes, back down, stand up with baby in arms.

- Push ups over baby - Give them a kiss each time
- Lie down with arms extended by ears over head on floor. Lift baby up and down
- Wall sit with baby on knees -30 seconds - push outs with baby
- Lunges with baby in arms
- Butt scoots with baby - feet up or down depending on caregivers ability
- Put baby on towel or blanket and pull them
- Hamstring lifts with baby
- Wood choppers with baby in arms
- 1 leg squats while holding baby
- Calf raises with baby in arms
- Rubber band walks with baby
- For baby with caregiver:
 - Bicycle with legs/arms
 - Circles with hands touching
 - Lift by hands and arms
 - Log Rolling down wedge or make an inclined surface
 - Leg lifts
 - Clapping hands together
 - This little piggy with fingers and toes
 - Play peek a boo side to side
 - Baby squats using caregivers hands as a bar
 - Baby massage
 - Put in crawling position - put hands against feet so they have to push against caregivers hands
 - Crawling or walking on soft mat to build muscles
 - Hip lifts for babies - hamstring
 - Plank hold for baby on elbows
 - See saws - sit facing each other hands clasped knees bent and see saw back and forth

Two Year old Class - Jumpers

Walkers to approximately 2 1/2 or until the child is comfortable without caregiver with them

Plan: First half hour is structured activities. You will need a DVD player and DVD's. For parachutes, bean bags, rhythm sticks, ropes, paper plates, hoops, scarves and ladder (on floor or drawn with chalk), rubber bands

For parachutes: Use games like cat and mouse, landslide, bear cave, marching, hopping etc.

Rhythm sticks are great for teaching rhythm as well as paper plates and scarves.

Bean bag games and songs are great for body awareness.

Ropes encourage coordination.

Ladder is for agility and coordination.

Plan: 2nd half hour is rotations with activities from each component of fitness.

I would put a picture of each skill or activity in a plastic holder and place it by the area for that skill

1. Skills
 - a. Donkey kicks
 - b. Log rolls
 - c. Jumping in different formations with vinyl circles or pieces of Velcro or use chalk
 - d. Mickey Mouse ear cartwheel
 - e. Posture training against wall
2. Coordination
 - a. Put color circles on wall - touch opposite hand to each and then the same hand
 - b. Running around cones with arrows
 - c. Jump feet in and out of circle or hoop
 - d. Hula hoop work
 - e. Bear crawls
3. Agility
 - a. Ladder work
 - b. Hop scotch
 - c. Vinyl circle work
 - d. Running backwards, sideways. forwards
 - e. Obstacle courses
4. Power
 - a. Tug of war game
 - b. Dead lifts with playground ball
 - c. Frog squats
 - d. Playing catch with bean bag - throwing them into holes like corn hole or into buckets
 - e. Running uphill or up an incline
 - f. Running backwards
5. Strength
 - a. Swinging on a rope
 - b. Pushing mats
 - c. Pulling mats
 - d. Squat, pick up bean bag, then put it above
 - e. Baby crunches - arms reach for bent knees with feet on the floor with noodle under chin

- f. Calf raises
- 6. Endurance
 - a. Up and down small stair
 - b. Marching and action children's songs
 - c. Bicycle arms with bands attached to an immovable object
 - d. Bicycle legs with bands attached to an immovable object
 - e. Head, shoulders, knees, and toes to count of 8 - 5 times
- 7. Speed
 - a. Running against band
 - b. Chasing each other
 - c. Rows with bands attached to an immovable object
 - d. Skipping
 - e. Jumps or bouncing on soft mat
- 8. Balance
 - a. Walking on a beam or a line that is elevated
 - b. Stand on elevated small surface
 - c. Sit on stability ball
 - d. Holding push up position
 - e. Kick a ball rolled to them
- 9. Proprioception
 - a. Touch opposite arm to knee
 - b. Jump off step and spot a spot on wall
 - c. Arm positions - high V, low V, touchdown, T
 - d. Game with tuck, pike, and layout
 - e. Turn in circles - stop after 2,3,4
- 10. Flexibility
 - a. Stretch psoas/ hamstring
 - b. Sit in hip mobility drill
 - c. Reach to toes from a stand with straight legs, walk out, then back up
 - d. Touch hands together in back
 - e. Face forward , turn only upper body and touch wall behind you with both sides without hips moving
 - f. Crab walks
 - g. Play in rice bowl or box for wrists and ankles

3/4 year old Preschool Class - Twisters

Use Same beginning as 2 year old class

We will now use a basic curriculum as follows: parts of this are for coaches use only just to explain our philosophy of tumbling and working with the young child.

Basic Class - Stumbling to Tumbling

1. Practice above everything else Perfection before Progression
2. Everything we teach at the beginning is leading us to level 5 - must be mindset - separate class
 - a. Mindset - train athletes so that they will be able to do level 5 skills quickly from learning levels 1-4. Examples:
 - i. Egg rolls - front tucks
 - ii. Egg roll step out - front tuck step out
 - iii. Backward tucked candlestick roll - standing tuck
3. Must know and understand development in each athlete is unique in tumbling - no two people learn at the same rate
4. Must understand learning styles - and coaching principles)
 - a. Kinesthetic (feelers)
 - b. Spatial (wants to know how much room a skill takes)
 - c. Linguistic (verbal learners)
 - d. Interpersonal (love to work with others, social butterfly)
 - e. Intrapersonal (loves to work alone)
 - f. Visual (has to see skills to learn)
 - g. Rhythmic (has to have clapping, music or counting)
5. Go over parts of posture and importance of it
 - a. GPS system - head and neck - tongue in roof of mouth behind upper teeth
 - b. Thoracic area - bring shoulder blades within 2-4 inches apart - shoulders up, back and down
 - c. Power center - inner core - engaging by pulling belly button to back and squeezing glutes
 - d. Power base - triple extension of hips, knees and ankles - squeeze adductors and glutes. Adductors pull legs toward each other.
6. Teach basic body positions and pre skills
 - a. Tuck - candlestick tuck where shins and toes are leading over head
 - b. Straddle - fronts of feet facing backwards - VMO engaged (muscle at top inside of knee) if engaged leg is straight
 - c. Layout - engagement of core, chin on a shelf - arms by ears
 - d. Candlestick - completely straight shoulder stand - arms by ears straight
 - e. 1/2 and 1/1 turn jumps on a line pulling arms up and then down for twist
 - f. Levering forwards and backwards - idea of tilting the lever (1 leg athletic stance) as in round off from <45 degree angle for maximum efficiency
 - g. Active versus passive shoulders - stretched through shoulders versus just straight
 - h. Idea of blocking arms through shoulders off ground - shrug, push mat out of way behind your head. Do drills against wall or on floor or with rubber bands
 - i. Idea of safety roll for protection - tucking arms into chest and rolling on back of shoulder area

- j. Athletic stance, 1 leg athletic stance. Only position from which we can explode. Alignment of shoulders, knees and toes over top of each other
 - k. Bridging. Start on knees with body engaged and shoulders active with feet touching a wall. Reach through upper back and touch wall, then back to beginning position.
 - l. Idea of power hurdle - sit, swing, jump , falling forward into lunge, airplane. Teach arms cut the air first in every skill. Example of diver. If arms of diver are not covering ears as they go into the water, it will hurt and look terrible. So if your arms do not cut the air first your tumbling is not good nor powerful
 - m. Sit, swing, vertical jump - for standing tucks and back handsprings
 - n. Movement awareness
 - i. Body awareness - knowing what each part of your body is doing at any given time
 - ii. Spatial awareness - knowing where your body is in relationship to everything else
 - iii. Rhythmic awareness - there is a rhythm to every athletic endeavor
 - iv. Directional awareness - knowing direction your body is going
 - v. Vestibular awareness - demands constant attention to head position and eye focus to guide the system - balance
 - vi. Visual awareness - heightened by closing eyes. Use your eyes to see where you are
 - vii. Temporal awareness - sense of timing
 - viii. Auditory awareness - rhythm, music
 - ix. Tactile awareness - sense of feel/touch
 - x. Proprioception - joint position awareness and force derived from the sensory receptors in the joints, ligaments, muscles and tendons
 - 1. Exteroceptive senses - sight, taste, smell, touch, hearing, balance how we perceive our outside world
 - 2. Interoceptive - feedback based on internal body feelings
 - xi. 3 things affect movement
 - 1. Body - hams - flex knee, decelerate lower leg, extend hip quads - produce large forces
 - 2. Gravity - force production and force reduction
 - 3. Ground - like a tree, Rooted in feet, Powered by core, Reflected by arms, Manifested in the hands
7. 1st skill - forward roll
- a. Safety considerations - head and neck area - use soft mats
 - b. Strength and Flexibility needed - neck flexibility (over 50% of people have cervical vertebrae that sit up too straight). Must be able to do safety roll. Must be able to roll on back with arms around legs. Basic assessment passed.
 - c. Entry - arms by ears in active position, leaning forward from heels to toes in tucked candlestick position, tuck chin to chest and roll one vertebrae at a time - I

do egg roll version grabbing under thighs and leaning forward and rolling. This yields a better body position.

- d. Middle - you will be on back in a tucked candlestick shape
 - e. Exit - roll up to an extended stand with arms by ears, shoulders in active position
 - f. Drills - roll back and forth on back to understand Roll down an incline Hold piece of pool noodle under chin to help them tuck chin under There will be others on document
8. 2nd skill - backward roll
- a. Safety considerations - head and neck - do off edge of a panel mat with head off edge to relieve stress on neck for the beginning
 - b. Strength and conditioning needed - basic assessment passed
 - c. Entry - start in extended stand with active shoulders. Squat to floor with chin tucked to chest
 - d. Middle - roll to tucked candlestick position with hands in bunny ears or pizza position. Now push upward with arms close to your ears. I like to do a candlestick then tuck knees & roll.
 - e. Exit- pull toes to ground and return to extended stand with active shoulders
 - f. Drills - rolls on back, down an incline, off a panel mat, just roll back to candlestick position
9. 3rd skill - Handstand
- a. Safety considerations - strength to hold self on arms
 - b. Strength and flexibility needed -core strength, glutes, hamstrings, shoulders. Flexibility and strength of wrists. Show exercises!
 - c. Entry - stand with active shoulders and move to a lunge where legs are as far apart as the length of your leg and tilt forward staying In a straight line from back foot to hands the distance from hands to front foot is also length of your leg
 - d. Middle - push off front foot as hands touch the ground bringing front leg to the back leg into a straight body handstand with head I between arms, shoulders active , core engaged, toes pointed, VMO a tight. You may look up through your eyebrows at floor
 - e. Exit- lever back down into your beginning lunge
 - f. Drills - walk up wall, two leg kick ups for beginners on a soft mat, 1 leg kick ups with idea of keeping arms straight as you kick up, etc
10. 4th skill - cartwheel
- a. Safety considerations - wrist strength and flexibility and general passing of assessment. Must be able to do perfect handstand
 - b. Strength and flexibility needed - hamstrings, glutes, shoulders, core, calves, quads
 - c. Entry - begin in 1 leg athletic stance with active shoulders. Tilt your lever to ground. As your hands near the ground smell armpit of opposite arm in an airplane position
 - d. Middle -moving into a side handstand with legs in straddle
 - e. Exit - begin to lever down into same lunge you started in

- f. Drills - Mickey Mouse ears, over edge of panel mat, etc
11. 5th skill - round off. Most important skill in running tumbling
- a. Safety considerations - first skill with power wrist and ankles must be strong enough to handle 8-9 times their body weight
 - b. Strength and flexibility needed - core, hamstrings, glutes, quads, calves, shoulders and upper back. Wrist and ankle, hamstring and iliopsoas flexibility
 - c. Entry - power hurdle then exactly like a cartwheel.
 - d. Middle- as you pass vertical legs will snap together in an engaged, slightly tilted handstand
 - e. Exit- snap body down as one unit - no poking by blocking off active shoulders to a position with feet under you preparing for next skill. This skill should have so much power that you must run backwards to keep from falling.
 - f. Drills - 3 panel mats, rubber band drills, snapping to back in a pit or onto soft mat. Many more