

physie101

Preschoolers Physie Class Ideas

SUGGESTIONS

Row Row Row your boat - parent and child hold hands. Parents legs can go out a little wider than the child's so that the child can keep feet together and pointed. As the child leans back, parent supports her weight but allows her to go back far enough to engage her core muscles to lift her body back up.

Flex and point toes.

Butterflies - Sit your students in a circle. Feet together knees out to create a "butterfly" with their legs. Gently "flutter" your butterfly wings. Then ask one student at a time to tell you where their butterfly is flying to?

"Isla, where is your butterfly flying to today?"

"My butterfly is going to the beach."

"Wow! Let's flutter those wings!! And...we are at the beach! Your butterfly needs a rest now."

Alternatively, you could ask your students what colour flower their butterfly will be landing on.

When galloping around the room be sure that everyone knows the direction you will be travelling so there are no collisions.

Find tracks that are around 1 minute in duration. There is a start and a finish to each exercise and you won't need to be stopping and starting music after each track. Keep things moving!

"Physify" your moves. When skipping demonstrate lifting your knees as you would a crossing step. Stand at attention to begin routines. When you jump keep heels together and point your toes. When singing rhymes extend arms to physie positions. For example, in "Twinkle twinkle little star" lift arms to upward stretch on the line "Up above the world so high".

Find tracks you enjoy! You will be listening to them ALOT! And then probably end up singing them when you are at the grocery store or doing the laundry. Make them count. :)