

physie101

Preschoolers Physie Class Ideas

SUGGESTIONS

Use pool noodles cut at a suitable length for little ones to be able to hold up over their head. Use them during the "Stretching Song". We would refer to our cut pool noodles as "physie bars" and would use them like a barbell. This would engage their core to stay up tall as we did plies and would bend and straighten up in time with the music.

To regain the class's attention give your students a challenge such as "who can stand on one foot?" Encourage them to hold it as long as they can. To regain class attention you could also try who can stand up on their tippy toes?

Have enough shakers or scarves so that younger siblings can participate from the back of the room. They will love coming to class and be more than eager to sign up once they are old enough! Parents can relax a little too.

Communicate clear expectations including where parents can sit, that younger siblings in attendance must be off the floor to ensure everyone's safety, photographs/video should not be taken without permission or prior arrangement, hot drinks should remain in hand or wait until after class, no nuts/eggs etc if families are bringing snacks into the room for after class...

Consider having a playlist of fun, positive tunes to have playing as students arrive. It sets the tone and creates a fantastic atmosphere! Use these songs before a concert as families are arriving and mingling. (a few suggestions below.)

When searching for music use spotify to search for "related artists" to find new material.

Be sure to keep learning as you are teaching. Look at educational sites, find action songs, be familiar with the developmental stages of children.

Allow time for students to choose shakers, scarves and to move to each activity. Have a number of songs listed but be flexible to skip some should time be getting away. Remain adaptable. If something isn't working remove it from the list for next week. Either try again at a later time or find an alternative song or routine.

New material can be added mid term. Just change a few songs at a time. The core class should be familiar as you introduce new songs and exercises.