

physie101

Preschoolers Physie Class Ideas

SUGGESTIONS

Start class at attention on your marker. (Feet together, knees turned out and toes pointing away from one another to create a triangle, chin up and ready!) Try offering your students shakers to hold in each hand. The shaking sound and bright colours of the streamers will have them engaged from the start of class.

Use fun, energetic songs to get the class started. Less about technique and more about making everyone feel comfortable and ready to give something new a go!

As you step into a little more structure and technique start slowly and simply. Marching exercises can begin with stomping to the beat of the music while clapping hands before "fancy walking" around the room. Each activity moving closer to marching as we know it.

Ease in to simple instructions such as feet together. Point one toe in front and back together. Point the other toe in front and back together. Progress to pointing to the side and behind.

Plan your class to cover the elements you hope to include in your classes. For example, gross motor skills, props, a variety of musical styles and tempos, following direction, expression and connection with parents, structure and familiarity and the use of props

Attendance cards. Once a number of classes have been attended they get to choose a prize from the prize box.

Themed days. Seasons, rainbows, colours, animals, bubbles, the ocean, include a story and even a craft with this theme.

Freeze songs are great for having children learn to follow instruction and recognise the changes in music.

Music which changes between a soft and flowing song and a fast, lively tempo can be used to tip toe while fluttering butterfly wings (arms) and galloping as if you are riding a horse!