

KinderTot  
May Lesson Plan

- Top of the Morning – learn the rest of the dance
  - Work on swinging arms and bending knees
  - Work on swaying side to side
  
- Clap, Tap, Bend – working on rhythm and speed
  - Tots will be challenged to clap hands, stomp feet and bend knees to the beat of the tambourine
  - This will begin to teach them about musicality
  
- Motor Skills
  - Jumping with 2 feet
    - Jump and then “fall down”
    - We are like the Monkeys jumping on the bed, but we don’t hurt our head!
    - Tots will also work on galloping and giant walks
  
- Body Isolations and Body Action
  - This month we will work on shoulders up/down and around
  - We will also work on twist/turn and bend/stretch to “London Bridge”
  
- Physical Development and Parachute Skills
  - Walk in circle R & L
  - Make the parachute go up and down
  - On the mat we will work on leap frog jumps, front rolls, rockingchair and balance beam skills

Color: Yellow

Shape: Circle

Number: 9