

# Daily Lesson Plan

## MegaStars Gymnastics Class

DAY Tuesday

LOCATION GymStar West

DATE November 1, 2011

**PROBLEM SOLVING:** Using standard Gymnastics mats and equipment, students will learn **teamwork** and **problem solving** skills.  
**MATERIALS NEEDED:** Different colored hoops, firm trapezoid dome mat.

	DRILL / SKILL	CUES	NOTES	Start	Stop	TOTAL TIME
1	Warm-Up - Hoop run	listen	Work on focus and	4:00 PM	4:10 PM	0:10
2	throw hoops (3 or 4 x) for each child to run		attention. Allow the			
3	down and select a different color to use.	play	kids to ring the coach.			
4	Ask that they share hoops.		Stretching positions			
5			in and around hoops.			
6	Challenge students to find "dome mat" to use	look	Class Rules	4:10 PM	4:35 PM	0:25
7	* Describe it (# of sides, top, bottom, size, etc.)	think	* Respect			
8	* On it (stand, lay, sit, together, hands, etc.)	create	* Fun			
9	* Move it (carry, push, no hands, roll, etc.)	try	* Effort			
10	* With it (hide it, stand it, trade it, etc.)	imagine	* Learning			
11	Drink time			4:35 PM	4:40 PM	0:05
12	Closure and Review		Stamp time	4:40 PM	4:50 PM	0:10
13	* explain about problem solving and thinking		Allow children to			
14	about new ways to do things		choose what stamp			
15			and where to stamp.			<b>0:50</b>

**ALTERNATE ACTIVITY:**  
Use Aide to assist.

REVIEW OF PRACTICE / NOTES / ATTENDANCE / COMMENTS / INCIDENTS
Ben -
Betty -
Freddie -
Hannah -
Kristy -
Patrick -
Rose -
Terry -
Victor -

ATTENDANCE	
Barr	
Beamer	
Floorex	
Hibar	
Krasher	
Preschool	
Ring	
Tumbler	
Vaulter	
GUESTS:	

