



PEF Summer, *At Home Edition* – Lesson Plan

Class: Kinderdance	Grade Band: TK-Kindergarten
Teacher: Joanna Collins	Lesson: Balancing Baby Belugas
Objectives: To explore balancing through our bodies.	Materials: Yoga mat or towel
Process: <p>Have you ever explored all the different ways you can balance with your body? In this lesson, we are going to balance through our bodies in a variety of interesting ways.</p> <ol style="list-style-type: none">1. We begin in 1st position with our heels touching and toes pointing out. Bend your knees and hop in the air. Repeat 4 times.2. Next, bring your arms forward and walk up on releve or tippy toes for 4 counts forward and four counts back. Repeat 2 times.3. Jump your feet out as wide as you can into 2nd position. Stretch your arms to the side and lift your left leg into the air creating our Starfish balancing pose. Carefully bring your leg down and lift your right leg into the air. Repeat on each side.4. Come down to your stomach and lay flat. Bring your arms in front as you swim with both your arms and legs. Carefully push up your upper body with your arms to create our silly seal position. Look around for sharks. Do you see any? Let's keep swimming! Swim with your arms and legs for 4 counts and push up once again. Repeat once more!5. Lastly, come into criss cross applesauce to calm our bodies and cool down. Stretch your head side to side. Roll your shoulders back and make your silly fish face. Repeat with the head and shoulders. Great job!	