



Farm Class Plan #1

Warm-Up

Developed by Birdy's Kids in Motion™

YOUTUBE LINK TO VIDEO: <https://youtu.be/R9euS9h6rC0>

Put on your Farm Clothes

Put on your pants and your boots and your hat

Hands on your sides

Let's look up and down, up and down, (repeat, faster)

Grab your hat so it doesn't fall off and up, down, repeat

Still holding your hat; side to side to side to side (repeat, faster)

Hands up in the air; Show me your muscles

Swing your ax with hands together toward your left side 2-3 times

Swing your ax with hands together toward your right side 2-3 times

Show me your muscles; Hands up to the sky

Wipe off your boots to get the mud off

Hands up in the air; Show me your muscles

Crazy muscles and crazy hair (move head and arms side to side)

Hands up; freeze

Hands on hips and squat at the knees with back straight 3 times and then hop and clap your boots (heels) together in the air – Repeat 3 times

Tap the heel of your boot on the ground, repeat both feet

Hands up and then sit on the floor with knees out and heels touching

Hold at ankles and rock back and forth, buzzing like bees

Knees together and give them a hug

Legs and feet out straight together

Creepy crawly fingers down your legs and grab your toes

Pull knees to chest and give a big hug

Arms to the side, pick up feet off the ground and balance on bottom

Pull knees to chest and give a big hug

Music Suggestions: Down on Grandpa's Farm

Preschool Foundations Referenced:

Perceptual-Motor Skill and Movement Concepts

1.0 Body Awareness

3.0 Directional Awareness

Fundamental Movement Skills

1.0 Balance