



Winter Class Plan #1 Snowman Warm-Up

Developed by Birdy's Kids in Motion™

YOUTUBE LINK TO VIDEO: <https://youtu.be/4imE6AlmrKs>

Prop Used: Black “Frosty” Hats

Put on pants

Put on boots

Put on warm jacket

Don't forget your scarf (wrap around neck)

Stretch up high and then bend down and scoop up snow to the right.

Make it into a ball and then bend in front to “place” it on the ground

Scoop up more snow to the left and then place it on top of the first one

Scoop up a little ball to the front and place it on top

What else does our snowman need?

Act out what the children say (nose, eyes, buttons)

Our snowman needs arms. Put arms out to the side with elbows on sides

Blow in the wind side to side to side to side

Stretch up tall and as you bend over make snowflakes fall with your hands

Repeat a few times

Stomp off wet feet

Birdy's Kids in Motion™

www.birdyskids.com

Birdy's Kids in Motion™

*** ALL RIGHTS RESERVED. For classroom use only. No part of this lesson or series may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system, without the express written, dated and signed permission of the author.

March through the snow (in a circle)

Make snow angels

Sit on floor with feet straight out in front and then lie down

Make snow angels by moving feet and arms out and in

Sit up and then the creepy crawlies come

Run fingers down legs all the way to toes and grab toes (repeat)

Pull knees up to chest and put hands behind on the floor. Stomp feet.

Hug knees with hands

Put feet out straight in front (to ride on a sleigh in the snow)

Hold reigns as if guiding reindeer from a sleigh

Turn fast to the right and fall over

Repeat and turn fast to the left and fall over

Repeat and slow the reindeer by leaning far backwards

Preschool Foundations Referenced:

Perceptual-Motor Skill and Movement Concepts

1.0 Body Awareness

2.0 Spatial Awareness

Fundamental Movement Skills

1.0 Balance

2.0 Locomotor Skills