

## Theme: Frogs

### Lesson Plan (Quick view)

1. Warm up: Frog song
2. Vestibular: Leap frog over jump rope
3. Proprioception: Frog roll over bolster log/get raisin fly
4. Balance: Frogs balance on "Lilly pads"
5. Eye-Hand Coordination: Catch and throw frog bean bags
6. Cool Down: Read Frog on a Log by Phil Roxbee Cox
7. Fine Motor: Paper bag frog puppet

### Details

#### 1. Warm up

Song "Five Little Speckled Frogs"

Five little speckled frogs,

Sat on a speckled log,

Eating the most delicious bugs.

Yum, Yum.

One jumped into the pool,

Where it was nice and cool,

Then there were four more speckled frogs. Glub, glub!

Five....Four....Three....Two.....One

Squat on the floor like frogs. One by one take it in turns to be the frog that jumps into the pool. Teddy bears and other toys make great frogs if there isn't enough children.

#### 2. Vestibular

Place a jump rope across the floor. Have the children form a line in front of the rope.

Demonstrate squatting and hopping like a frog. They will then take turns hopping like a frog over the jump rope. Repeat several times.

#### 3. Proprioception

Allow each child to take turns pretending to be a frog on a log and eating a fly. One child at a time will roll over a large bolster (pretend log) on their tummy using their arms to support their trunk. They will then attempt to get a raisin (pretend fly) off the floor using only their tongue. Note: Place each raisin on a separate paper towel between children, for sanitation.

#### 4. Balance

Cut green construction paper "Lilly pads" and tape them to the floor. Have the children imitate the teacher leader performing a variety of balance tasks using the Lilly pads. For example, the children can stand on one foot, hop on one foot, hop around the Lilly pads, side to side or over the "Lilly pads".

#### 5. Eye-Hand Coordination

Divide the children into partners. Give each pair of children a beanbag frog. Have them toss and catch the frog.

## 6. Cool Down

Read a book about Frogs. One example is Frog on a Log by Phil Roxbee Cox, illustrated by Stephen Cartwright. (Usborne Publishing 2001)

## 7. Fine Motor

Paper bag Frog Puppets

Have the children color and cut out the frog pattern on page . Then have them glue it to a paper bag. Remember to have them practice writing their "names" on the paper sack. ("name" = circle, plus, square)

### Materials

- Jump rope
- Large Bolster
- Raisins, paper towels
- Green construction paper Lilly pads
- Bean bag frogs
- Book Frog on a Log by Phil Roxbee Cox, illustrated by Stephen Cartwright. (Usborne Publishing 2001)
- Reproducible frog pattern on page
- Paper bags - 1 for each child
- Small pieces of green crayons, scissors, glue