

LESSON PLAN CURRICULUM TERM 1 2024



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international
FUN & FITNESS

Since 1995



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THE FRANCHISE ASSOCIATION
OF SOUTH AFRICA



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Dear Monkeynastix Franchisees & Instructors,

I trust you are well and enthusiastic for our upcoming term.

As we embark on Term 1 of 2024, we are excited to introduce our captivating lesson plans designed to engage, educate, and inspire our young Monkeynastix participants. We start again with Cycle 1 - Term 1- Lesson 1.

Demonstration Class For our demonstration class, we encourage you to bring the Monkeynastix mascot for a massive effect. Let the mascot charm and energize the children as you introduce the wonders of Monkeynastix. Please follow the tried and tested prompts in our demo lesson plan.

****Parachute Class: The Giant Jellyfish****

Transform the parachute into a giant jellyfish for an enchanting and memorable experience. Capture the children's imagination as they learn and play beneath the floating tentacles.

****Balance Development: Beam and Foam Brick Classes****

Focus on refining the children's balance skills during beam and foam brick classes. Create an environment where they can confidently explore and master the art of balance, laying the foundation for physical and cognitive development.

****Upper Body and Core Mastery: P-Bar and Floor Classes****

Empower our young participants to strengthen their upper bodies and core muscles through engaging P-Bar and Floor classes. Foster a sense of accomplishment as they conquer challenges and progress in their physical abilities.

****Fun and Gross Motor Development: Trampoline, Springboard, and Jumpee****

Infuse joy and excitement into classes with activities on the trampoline, springboard, and Jumpee. Let the children revel in the thrill of movement, promoting both fun and gross motor skill development.

****Term Finale: Promotional Obstacle Course****

Wrap up the term with a bang! Organize a promotional obstacle course, inviting all children in the school to participate. Showcase the skills they've acquired throughout the term, fostering a sense of achievement and community.

Your commitment to creating a positive and dynamic learning is invaluable. We trust that these lesson plans will not only be enjoyable for the children but also contribute to their holistic development.

Best Wishes

Dirk Cilliers

CEO
Monkeynastix International (Pty) Ltd

MY LESSON SCHEDULE TERM 1 - 2024

Fill in the relevant planning / lesson

WEEK 1: 1 JAN - 5 JAN

Blank lines for lesson planning for Week 1.

01 JAN - NEW YEARS DAY

WEEK 2: 8-12 JANUARY

Blank lines for lesson planning for Week 2.

09 JAN - SCHOOLS RE-OPEN

WEEK 3: 15-19 JANUARY

Blank lines for lesson planning for Week 3.

WEEK 4: 22-26 JANUARY

Blank lines for lesson planning for Week 4.

WEEK 5: 29 JAN - 2 FEB

Blank lines for lesson planning for Week 5.

WEEK 6: 5-9 FEBRUARY

Blank lines for lesson planning for Week 6.

WEEK 7: 12-16 FEBRUARY

Blank lines for lesson planning for Week 7.

WEEK 8: 19-23 FEBRUARY

Blank lines for lesson planning for Week 8.

WEEK 9: 26 FEB - 1 MAR

Blank lines for lesson planning for Week 9.

WEEK 10: 4-8 MARCH

Blank lines for lesson planning for Week 10.

WEEK 11: 11-15 MARCH

Blank lines for lesson planning for Week 11.

15 MAR - SCHOOL CLOSURES

WEEK 12: 18-22 MARCH

Blank lines for lesson planning for Week 12.

21 MAR - HUMAN RIGHTS DAY

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1 – 2 YEARS

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3 - 6 YEARS

Lesson 1 - Demonstration Class

- Warm Up Routine - Music : Own Choice
- Body Position : Own Choice
- Locomotion : Own Choice

As per own choice - Remember to show off!

Make it FUN, FUN, FUN!

1. Main Activity

Introduction:

Introduce yourself

Do you know why I have come to your School today?

Yes - to tell you about Monkeynastix.

Who knows what Monkeynastix is? Yes- it is exercise and fitness for children.

Why do we have to do exercise? To grow big and strong and healthy and to be fit

What else do we have to do to grow big and strong and healthy?

Eat lots of sweets - NO! Eat all your vegetables - YES!

Main Activity :

Game:

Before you can exercise, you have to know different things about your body.

Play this game: Who's the first touch their.? Identify body parts.

Bag of tricks. Take a mystery bag with hand apparatus and a monkey inside.

The monkey makes his appearance from the bag and talk to the children.

Music:

Would you like to do some exercises to music, it's called aerobics?

Do a few songs with the children and teach a few body positions.

If enough space... Who knows Superman? Do Superman Position with the children.

Apparatus :

There are various options with regards to the demonstration with apparatus.

Depending on the size of the class, each child can have a turn on all equipment. You can select different children to have a turn on one piece of apparatus, ensuring all the children get a turn. If class is too big, you can demonstrate on the apparatus what exercises children do on them. The monkey from the bag of tricks can also do Monkeynastix.

Recommended Equipment:

Beam, trampoline, p-bar, BALLS, mat, post box, springboard, hand apparatus and parachute.

You may add more or take less.

2. Ending Activity:

Did you like the Monkeynastix?

Do you want us to come back and do Monkeynastix at your school?

Then you must ask Mummy/Daddy to fill in this Form,(Show brochure) and put it in your bag to bring back to school. Only children who brings a complete form may attend the Monkeynastix classes.

War cry: Monkeynastix is so much FUN! Monkeynastix is number 1!

3: Handouts & Homework:

Registration Forms or brochures and Stickers.

7 - 8 YEARS

Lesson 1 - Demonstration Class

- Warm Up Routine - Music : Own Choice
- Body Position : Own Choice
- Locomotion : Own Choice

1. See 3-6 Years however; larger groups can be taken in this age group & the music must be more appropriate.

2. Ask/ answer the following questions:

- Why did we come to your school?
- Why is it important to do Monkeynastix?
- Who are we? Who can do Monkeynastix?
- What is Monkeynastix?
- Where is the classes held?
- When are the classes held?
- How are the classes presented?
- We concentrate on fitness & sport readiness...

1 - 2 YEARS

Lesson 1 - Free Play on Equipment

- Warm Up Routine - Music : Own Choice
- Body Position : Own Choice
- Locomotion : Own Choice

1. Take as much equipment as possible and allow the children to explore and play under supervision.

2. Play soft music throughout the class and do a song or 2 at the end of the class, if the instructor feels this particular class will be responsive enough and are not overwhelmed.

3. Have all their teachers involved and do the demo in their class.

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3 - 6 YEARS

Lesson 2 - Introduction & Parachute

- Warm Up Routine - Music : **Monkey Song D1#2**
Body Position : **Straddle Stand**
Locomotion : **Run and combinations**

Parachute, Balls / Foam Blocks / Bean Bags

- Gross Motor - The development and control of the large muscles in the body.**
Directionality - The ability to perceive and discern direction!

Introduction:

- Warm up; a). Game, Touch your... b). Song, My head, my shoulders, my knees, my toes...(faster & faster).
- Have a group discussion on the different parts of the body and where they are positioned on the body (eg. Ask where the arms, legs etc. are situated on the body i.e. at the bottom., on the sides, at the back...).
- Ask each child individually to point out and / or name some parts of their body.

LOCOMOTION *Animal Walks* Can you walk like the following animals?

Monkey, Snake, Crab, Bunny, Kangaroo, Elephant, Dinosaur, Dog, Cat....
What other animals do you know?

Parachute

- Stand up and hold parachute with overhand grip, arms hanging down in front of body "straight arms".
- Walk backwards and pull parachute as tight as possible, gradually lifting arms until they are straight out in front.
- Waves : keep arms straight.
 - Make big, slow waves. Lift the parachute slowly until your arms are straight above your head and bring it slowly back down.
 - Make small quick waves. Shake the parachute up and down as fast as you can. Don't lift the parachute higher than your chin.
 - Make big, quick waves. Lift the parachute up above your head and down again as fast as possible.
- Inflate: (Mushroom)
 - Hold the parachute handle and touch your toes with the parachute. Don't bend your knees (pike).
 - When I count to three we must all lift the parachute as high above our heads as we can and bring to the ground as quickly as possible.
 - See how many times you can do this without stopping and try and make a giant mushroom.
- Popcorn: (Add various different objects for variation).
 - See how high you can shoot the ball/bean bag/foam block into the air. Can you make it touch the roof? (Inflate).
 - Can you make popcorn with lots of balls on the parachute. Shake the parachute up and down as fast as possible. Can you shoot all the balls off the parachute.
 - Give each child an object to remember (red bean bag) and if the object goes off the parachute, child has to collect their own.
- ENDING ACTIVITY - Catch the Monkey
 - Everybody must lift the parachute above their heads.
 - When I call your name you must run, as quickly as you can, under the parachute to the other side.
 - We must try and catch the monkey with the parachute by bringing it down as quickly as possible.

7 - 8 YEARS

Lesson 2 - Parachute

- Warm Up Routine - Music : **Monkey Song D1#2**
Body Position : **Strong Position**
Locomotion : **Run and combinations**

Introduction & Parachute

Same as 3-6 Years and concentrate on group work.

Additional activity (6):

Holding the parachute run in a circle left then stop, change run to the right. Also gallop and chase.



Hand Out

Identify Body Parts Boy & Girl * Do you know your 5 Senses?
You touch with your? Hands * You can taste with your? Tongue

1 - 2 YEARS

Lesson 2 - Parachute & Foam Blocks

- Warm Up Routine - Music : **Move the circle D5 #2**
Body Position : **Long Sit**
Locomotion : **Run and combinations**

Concentrate on participation. Constructive free play. You may choose your own equipment for this lesson. Parachute and foam blocks are advised.

- Kick foam blocks.
- Throw foam blocks.
- Foam blocks can be stacked.
- Place foam blocks on the parachute and toss up and down.

See 3-6 years lesson plans for 1-2 years ideas.

3 - 6 YEARS

Lesson 3 - Flat Beam

- Warm Up Routine - Music : Pirate Song (New)
Body Position : Squat
Locomotion : Walk variations

Lummi Sticks, 2x Beams, Mini P-bar, PVC Ladder, Rope, Bean Bags/Foam Blocks & Drums

- Balance - The ability to differentiate and control the 2 sides of the body
- Stability - The ability to sense a shift in the relationship in the body parts that alters ones balance and the ability to rapidly adjust to these changes.

***Notes for lesson : Let's ALL be PIRATES as your theme for your lesson. Walk the plank.**

1. Balance Warm Up

Can you balance like this? *Arms extended sideways

- Balance on toes for 5 seconds
- Stand up straight, arms extended forward. Lift up left knee for 5 seconds, then right knee for 5 seconds.
- Left leg extended sideways for 5 seconds.
- Right leg extended sideways for 5 seconds.
- Left leg extended back for 5 seconds.
- Right leg extended back for 5 seconds.
- Give each child a pair of Lummi Sticks and repeat the above warm up whilst tapping sticks up, side, front etc. while balancing.

2. On The Beam

- Walk forward.
- Walk backwards.
- Sideways left, then sideways right.
- Walk forward on tippy toes.
- Give each child a pair of Lummi Sticks and repeat the above while tapping the sticks in front of you and overhead.
- Walk all the way across backwards - Don't look back!
- Walk across with eyes closed. (Please assist).
- Walk all the way across on tippy toes while tapping sticks.
- As above, tap sticks above knees, lift knees high.
- Hold your arms straight out in front of your body. Walk across the beam and try to lift your knees up when you step until they touch the Lummi Stick.
- Do the "Goose Step" all the way across, try and kick with a straight leg as high as possible and tap toes.
- Walk across the beam, when you get to where the bean bag/foam block is, you must try and touch the bean bag /foam block with the Lummi Stick without falling off. Now try and touch the bean bag/ foam block on the other side of the other beam.

NOTE : Dismount should be various jumps and landings.

3. Ending Activity

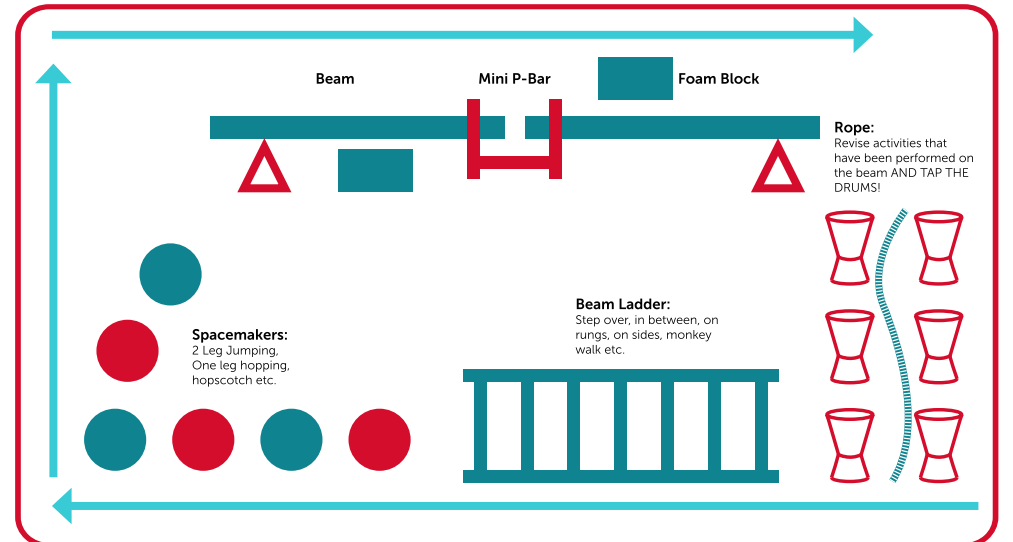
Children start from opposite sides of the beam and across the beam and pass each other without falling off.

Please Note

Concentrate on Posture!!! Slow, arms extended sideways, on the tip toes, chin up and shoulders back.

4. Additional Activities in Class

- Children can do all above activities by themselves on a rope.
- Have a box with piece of string. The child will stand next to the box and he/she will try to pick up pieces of string with their toes.
- Put on your socks. BIG pair of socks. The child has to balance on one leg whilst putting on the other leg's sock. Left and right leg. Take socks off again. Don't fall over now.
- START at rope and introduce a sub station before the beam to slow the traffic flow.



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7 - 8 YEARS

Lesson 3 - Flat Beam and Balls

- Warm Up Routine - Music : **Jumping Jack D1#6**
Body Position : **Squat**
Locomotion : **Squat/ Jumping Jack Combinations**

1. Beam

- 1.1 One leg hopping across beam.
- 1.2 Straddle stand over beam, jump onto beam, jump off, back into straddle stand over beam.
- 1.3 Baby cartwheel over beam.
- 1.4 Front support position with hands on the floor and feet in beam, shuffle sideways across beam.

2. Balls : Skill 1 Term 1

3. Strength :

- 3.1. Front Support
- 3.2 Make a front support tunnel, first child to crawl through tunnel and do front support at end, next child.

1 - 2 YEARS

Lesson 3 - Parachute, Lummi Sticks and Beam

- Warm Up Routine - Music : **Move the circle D5#2**
Body Position : **Long Sit**
Locomotion : **Run and Combinations**

1. Parachute

- 1.1 Lie on parachute.
 - Roll around.
 - Hide under.
 - Put foam block in the middle, children to try and shake up and down.
- 1.2 Roll parachute up or fold parachute.
- 1.3 Fun (if parents/instructors available) put child on parachute, lift parachute up and walk around in a circle.

2. Beam

- 2.1 Walk across beam forwards & sideways.
- 2.2 Crawl across.
- 2.3 Let child climb on and off by themselves.

3. Lummi Sticks

- 3.1 Build patters on the floor.
- 3.2 Basic manipulation same as 3-6 years

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3 - 6 YEARS

Lesson 4 - P-Bar

- Warm Up Routine - Music : **Monkey Groove (New)**
Body Position : **Long Sit**
Locomotion : **2 Leg Hopping**

1x P-Bar, 1x Mini P-Bar, Spacemakers

Gross Motor Skills - The development, movement and control of the large muscles in the body.

Spatial Ability - The intuitive feel for one's surroundings

Note:

2 P-bars are to be used. All activities done on 1st P-Bar with Instructor assistance and then repeat on 2nd P-Bar without Instructor assistance, except handstand & bunny hop.

What is this apparatus called ?

P-Bar or Parallel Bar

NB : Stand close to the P-BAR and the child for support !

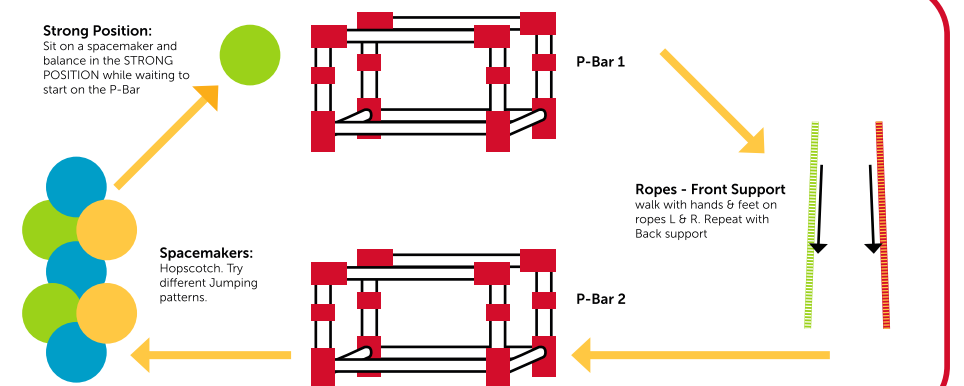
1. Stand behind the P-bar with feet together. Put both your hands on the P-Bar and hold it tight. Now jump with feet together 'over the river' to the other side. Keep your feet together! Now keep your hands in the same position and jump backwards to starting position. Repeat this 5 x forward and 5 x backwards.
2. Egg Support 5 sec.
3. Egg Swings x 5
4. L-Support 5 sec.
5. Egg-L-Egg-L
6. Bunny Hop (7-8 Years)
7. Hand stand (7-8 Years).
8. Name one of the activities you have done and show me how you do it without help.

Note:

Place a Bean Bag in the child's lap when performing Egg & L Support

Ending Activity:

P-Bar: Front support, HOLD!!! Bottom up look at your toes!!
Turn upside down, climb onto P-Bar climbs down inside.



7 - 8 YEARS

Lesson 4 - P-Bar

- Warm Up Routine - Music : Monkey Groove (New)
- Body Position : V-Sit
- Locomotion : Scissor Jumps

1. P-Bar

- 1.1 Tuck support to L-support.
- 1.2 Swing forwards and backwards in front support - hand remain stationary, legs swing backwards and forwards.
- 1.3 Tuck support to straddle sit over bars, swing back into tuck support.
- 1.4 Tuck support to straddle sit over bars, swing back into tuck support, perform tuck swings, into side dismount from front or back.
- 1.5 Bunny hop to handstand
- 1.6 Balance on all fours on P-Bar.

2. Balls : Skill 1 Term 1

1 - 2 YEARS

Lesson 4 - P-Bar, Lummi Sticks and Tunnel

- Warm Up Routine - Music : Move the circle D5#2
- Body Position : Butterfly
- Locomotion : Crawl Combinations

1. Lummi Sticks

- 1.1 Tap sticks up, behind your back, left & right!
- 1.2 Sit on spacemaker and roll lummi stick on floor.
- 1.3 Tap to simple beat, tap, tap & up! Left & right.
- 1.4 Throw and catch.
- 1.5 Add bean bag, pick up bean bag with 2 sticks.

2. Tunnel

- 2.1 Let child lie in tunnel, roll tunnel from side to side.
- 2.2 Let children crawl through tunnel.
- 2.3 Throw a ball into the tunnel, child to follow and collect the ball.

3. P-Bar (Walk across)

- 3.1 Crawl under P-Bar (Upside down).
- 3.2 Raise to uneven bar, hands and feet on, hang.
- 3.3 Raised support with Egg.

Ending Activity

Turn P-Bar upside down, climb onto P-Bar climbs down inside.

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3 - 6 YEARS

Lesson 5 - Floor

- Warm Up Routine - Music : Jumping Time D1#1
- Body Position : Egg and Stick
- Locomotion : Chase

Safety Mat / Zig Zag Mat, Hoops and Incline/Decline Mat

- Vestibular Sense** - The hidden sense in the ear that tells you how your body is positioned in relation to gravity i.e. it will tell you if you are standing, lying down or upside down etc.

Proprioception - The hidden sense in the joints that tells the brain where your limbs are in relation to each other in space. This allows for automation of regular motor functions.

1. Warm Up Game

Everybody must lie like a stick, when I clap my hands you must change to an egg. When I clap my hands you must change to a stick again. (Perform activities, first on Incline/Decline Mat then Zig Zag Mat).

2. Stick Roll

Child to lie on mat and do stick roll to the end of mat and back. Stress that arms and legs are to be kept together. Arms at the ears and straight body (Instructor to assist).

3. Double Stick Rolls

Lengthwise on mat 2 children, one holding the other one's feet.

4. Egg Roll

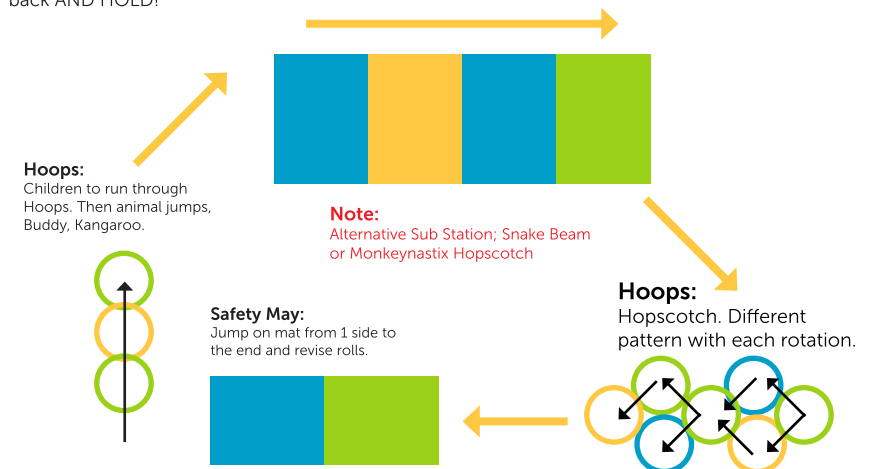
Child to lie like an egg on mat and do egg roll to the end of mat and back. Stress that knees are to be hugged tightly (Instructor to assist).

5. Now Choose Roll You Want To Do

Tell me what it is and show me.

Ending Activity

Start lying like a stick AND HOLD, do a 1/2 stick roll and crunch up and roll into an egg AND HOLD and back AND HOLD!



7 - 8 YEARS

Lesson 5 - Floor

- Warm Up Routine - Music : Monkey Rock (New)
Body Position : Egg & Stick
Locomotion : Chase

1. Floor

- 1.1 Revise Egg & Sticks (3-6 Years Lesson)
- 1.2 Free roll - choose any roll
- 1.3 Forward Roll (Step 1-8)
- 1.4 Forward Roll into:
 - Stretch Jump
 - Tuck Jump
 - Star Jump
 - 1/2 Turn

2. Strength & Conditioning

- 2.1 Push-ups.
- 2.2 Wheelbarrow races
- 2.3 Balance stands

3. Ball Skills

1 - 2 YEARS

Lesson 5 - Floor, Mini P-Bar and Hoops

- Warm Up Routine - Music : Move the circle D5#2
Body Position : Butterfly
Locomotion : Crawl Combinations

1. P-Bar

- 1.1 Egg Support
- 1.2 L-Support

2. Floor

- 2.1 Stick Roll
- 2.2 Egg Roll

3. Hoops Motor Planning

4. Snake Beam Balance

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3 - 6 YEARS

Lesson 6 - Balls

- Warm Up Routine - Music : Scare Bear/ Pose (New)
Body Position : Straddle Sit
Locomotion : Gallop

Balls, Bean Bags & Hoops

- Co-ordination - The ability to let the eyes, hands and feet work together.
Manipulation - Muscle movements in which force is imported to control or influence an object skilfully.

NOTE : The goal of this lesson is to teach catch, throw, kick and stopping the ball.

1. Bean Bags

(1/2 Children) Stand across from your partner.

- 1.1 Throw & catch to your partner (underhand & overhand).
- 1.2 Place on your foot, kick up for your partner to catch.

2. Balls

Notes for lesson : Ball catching should be taught, in the 3 learning steps as per training manual.

- 2.1 Stand in a circle with instructor in the middle, when the instructor throws the balls to you, you must catch and throw back. If you miss the ball, you are a falling star and must sit down.
- 2.2 Sit in long sit or straddle sit position holding ball with 2 hands.
 - 2.2.1 Using your fingers only, roll the ball to your partner and back.
 - 2.2.2 Feet touching with your partner, roll the ball over your head, down your chest and tummy, over your thighs, over your knees, over your shins and all the way to the top of your toes, then your partner takes the ball and does the same, repeat all the way back again.
- 2.3 Stand up:
 - 2.3.1 Bounce the ball and catch with 2 hands.
 - 2.3.2 Throw up and catch with 2 hands.
 - 2.3.3 Add a hoop in the middle, bounce ball to your partner in hoop and catch.



Spacemaker



Hoop



Spacemaker

3. Hoops

Notes for lesson : This is for children who have mastered point number 2, not compulsory for all ages.

Place hoops in a row and walk from hoop to hoop and bounce and catch in each hoop.
Repeat with throw & catch in each hoop.

Ending Activity

Hold ball, Long Sit, arms up - HOLD! pike and repeat.

7 - 8 YEARS

Lesson 6 - Balls

- Warm Up Routine - Music : Scarey Bear / Pose (New)
- Body Position : Straddle Sit
- Locomotion : Gallop

- Same as 3-6 Years' Balls Lesson
- On own
 - Throw ball up, clap hands and catch ball.
 - Throw ball up, touch the ground and catch ball.
 - Throw ball up, spin around and catch ball.
 - Bounce ball, clap hands and catch.
 - Bounce and catch ball while walking (forwards & backwards).
 - Bounce and catch ball while jogging.
- In Pairs
 - Stand opposite one another and throw ball to each other.
 - As above walking sideways.
 - As above jogging sideways.
 - As above bouncing and catching ball.
- In Pairs with feet
 - Stand still, pass ball to partner, trap ball with foot and pass back with foot.
 - As above walking.
 - As above jogging.

1 - 2 YEARS

Lesson 6 - Floor, Tunnel & Balls

- Warm Up Routine - Music : Head Shoulder D5#6 or 8
- Body Position : Straddle Sit
- Locomotion : Kangaroo Jumps

- Floor
 - Stick Roll
 - Egg Roll
- Zig Zag Mat Tunnel
 - Crawl through tunnel
 - Roll balls through tunnel
- Balls - Individually
 - Roll ball to child, child to stop ball, pick it up and give it back to you.
 - Roll ball to child, child to stop ball, pick it up and try throw it back to you.
 - Child to hold arm out, throw ball and child to try and catch.
 - Hold hoop up and throw ball through the hoop.

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3 - 6 YEARS

Lesson 7 - Trampoline

- Warm Up Routine - Music : Aerobics Song D1#3
- Body Position : Lunge
- Locomotion : Egg Jumps

Trampoline, Rope Ladder, Jumpees and Spacemakers

- Co-ordination - The ability to let the eyes, hands and feet work together to another.
- Gross Motor Skills - The development, movement and control of the large muscles in the body.
- Locomotion - The total body movement in which the body is propelled from one point to another.

1. Climb onto Trampoline

Child jumps on trampoline while instructor hold his/hers hands. Keep your feet together and try to go higher. Climb off the trampoline.

2. Sit in Cross Sit on Trampoline arms folded, try and bounce your body up and down.

3. Star Jumps as no1.

4. Toy Soldier

Keep your arms tight to your sides. Instructor hold child's hips. Jump up & down. Keep your body tight and squeeze your arms tight to your body

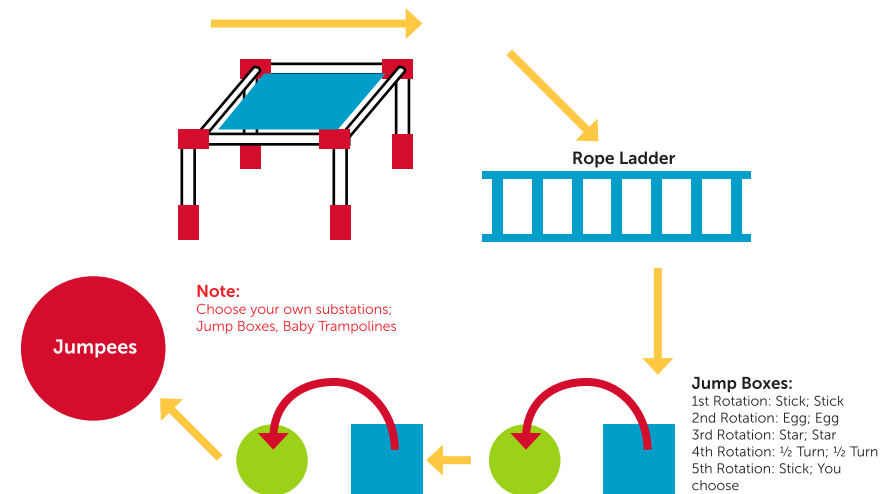
5. As above, but instructor turns child around in mid-air.

6. Combination Jumps.

...Egg, Star, Stretch, off-
 ...Star, Star, Stretch, Stretch, off-
 ...continue with other combinations...

Ending Activity

Windmill in front support position, rotate in circle like a windmill, 3 children together.



7 - 8 YEARS

Lesson 7 - Trampoline & Skipping

- Warm Up Routine - Music : I Can Do D2#9
- Body Position : Lunge
- Locomotion : Egg Jumps

1. Skipping

Each child to have their own skipping rope.

- Revise skipping. The purpose is just to get the heart rate heart elevated and create some fun through exercise.
 - In pairs of two, challenge each other. Who can skip for the longest.
 - Skip across the room.

2. Trampoline (Add a jumpee in front of the trampoline)

- Children to jump onto jumpee then onto trampoline.
- Jump and clap hand under leg - left & right
- Perform tuck jump, clapping hands behind back.
- Perform star jump, clapping hands above head.
- Make up own sequence of "clap jumps" (Instructor to choreograph sequence)

3. Trampoline Ropes Combinations

Skipping on trampoline with combinations as above.

4. Strength

Triceps dips from back support with hands on trampoline frame. 4 Kids at a time.

1 - 2 YEARS

Lesson 7 - Trampoline, Rope Ladder & Bean Bags

- Warm Up Routine - Music : Head Shoulder D5#6 or 8
- Body Position : Straddle Sit
- Locomotion : Kangaroo Jumps

1. Trampoline

- Child to climb onto trampoline, crawl across and climb off other side. (Try not assist - problem solving)
- Child to climb onto trampoline and sit in middle. Bounce child on trampoline by pushing mat (not child) up & down.
- Hold child's hands, let child try and jump up and down.
- Jumping, child to try and bend at the knees.
- Climb off trampoline.

2. Rope Ladder

- Walk through runs at own pace.
- Monkey walk through.
- Froggie Jumps.

3. Bean Bags

- Pick up bean bag using only one hand. Now try pick it up with other and toss into basket/box, which is a few paces away.
- Pick up 2 bean bags simultaneously using both hands. Then toss into basket/box, which is a few paces away.
- Throw up and try to catch (Instructor may assist with throwing).
- Place bean bag on foot and kick it.

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3 - 6 YEARS

Lesson 8 - Hoops and Speed & Agility Ladder

- Warm Up Routine - Music : Monkey Rap (New)
- Body Position : Front Support
- Locomotion : Ta-Da

Hoop per child, 1 set Speed & Agility Ladder

Co-ordination - The ability to let the eyes, hands and feet work together.

Gross Motor Skills - The development, movement and control of the large muscles in the body.

Fine Motor Skills - The development, movement and control of the small muscles in the body.

***Notes for lesson : Allow 10 minutes for hoops and 10 minutes for speed & agility. You may choose which you do first.**

1. Hoops

- Hold the bottom of the hoop with an overhand grip, with arms stretched straight out in front of your body.
 - Drop the hoop and try and catch with 2 hands.
 - Drop the hoop and try catch with your right hand.
 - Drop the hoop and try catch with your left hand.
 - Drop the hoop and catch on your arm.
- Hold the hoop with 2 hands straight out in front like a steering wheel. Drop the hoop, let it bounce off the floor and try and catch it.
- Hold the top of the hoop with an overhand grip, with arms stretched straight out in front of your body.
 - Keeping your arms still, turn the hoop clockwise and anti-clockwise using your fingers only.
 - Now do the same using only your right hand and then your left hand
- Hold the hoop upright on the floor, spin the hoop using your fingers only and without letting go.
- Spin the hoop again, this time let the hoop go, before the hoop stops spinning, try and jump into the hoop.
- Own choice of hoop music - Teach the moves without music, then teach with music.

2. Hoops and Speed & Agility Ladder (Combination)

Place ladders in a + : With 2 rows of children, starting at 2 different points of the +.

- Walk through, knees up and fast pace.
- Run slow, then fast, then faster.
- One step run, slow, faster, faster.
- Jump sideways - left & right.
- Hop forward.
- Jump into hoop jump forward do a half turn into next hoop.
- Jump backwards.
- Make up different combinations of jumps into ladder and hoops.

Ending Activity

Let's all do the hula.

7 - 8 YEARS

- 🎯 Lesson 8 - Hoops and Speed & Agility Ladder
- 🎯 Warm Up Routine - Music : Monkey Rap (New)
Body Position : Front, side and back support
Locomotion : Support Combinations

1. Hoops and Speed & Agility Ladder
Same as 3-6 Years
2. Strength
Back support tunnel (Children to crawl through and join at end again).

1 - 2 YEARS

- 🎯 Lesson 8 - Trampoline, 1m Beam & Hoops
- 🎯 Warm Up Routine - Music : Head Shoulder D5#6 or 8
Body Position : Cross Sit
Locomotion : Tip Toes Walks

1. Trampoline
 - 1.1 Child to climb onto trampoline, crawl across and climb off other side. (Try not assist - problem solving)
 - 1.2 Child to climb onto trampoline and sit in middle. Bounce child on trampoline by pushing mat (not child) up & down.
 - 1.3 Hold child's hands, let child try and jump up and down.
 - 1.4 Jumping, child to try and bend at the knees.
 - 1.5 Climb off trampoline.
2. 1m Beam
 - 2.1 Walk across beam, forward and sideways.
 - 2.2 Crawl across.
 - 2.3 Let child climb on and off by themselves.
3. Hoops
 - 3.1 Jump into hoop, jump out of hoop.
 - 3.2 Climb into hoop, pick hoop up and lift over head.
 - 3.3 Walk and roll hoop (drive a car).
 - 3.4 Hold hoop above your head like a helicopter.
 - 3.5 Flutter hoop.

3 - 6 YEARS

- 🎯 Lesson 9 - Springboard and Jumpee
- 🎯 Warm Up Routine - Music : Finger Popping D1#8
Body Position : Butterfly Sit
Locomotion : Learning Step for Mounting Springboard
- 🎯 Springboard, Mat and Jumpee
- 🎯 Gross Motor Skills -The development, movement and control of the large muscles in the body.

1. Springboard, Jumpee and Mat
 - 1.1 Teach the correct method for mounting the springboard. (Step, step together, jump, jump, land).
 - 1.2 With springboard and landing mat only. Child to start by walking up, mount the springboard and land.
 - 1.3 Teach the various landings before doing them from the springboard. (Egg, half turn, star...).
 - 1.4 Now add the jumpee between the springboard and landing mat and perform all of the above.
 - 1.5 For older children do combinations of jumps between springboard, jumpee and landing mat.

Ending Activity
Own choice.

7 - 8 YEARS

- 🎯 Lesson 9 - Springboard and Jumpee
- 🎯 Warm Up Routine - Music : Monkey Fat D2#10
Body Position : Bridge
Locomotion : Learning Step for Mounting Springboard

1. Springboard, Jumpee and Mat
Same as 3-6 Years

1 – 2 YEARS

- Lesson 9 - Jumpee, Mat and Foam Blocks
- Warm Up Routine - Music : Wake Up Warm Up D1#4
Body Position : Cross Sit
Locomotion : Tip Toes Walks

- Mat
 - Children to perform stick and egg rolls on mat.
 - Jump up and down on mat.
 - Jump forward across the mat.
- Foam Blocks
 - Squeeze foam block
 - Throw foam block, run and fetch.
 - Kick foam block.
- Jumpee
 - Child to climb on the jumpee and jump (assist where required).

3 – 6 YEARS

- Lesson 10 - Foam Bricks
- Warm Up Routine - Music : Monkey Safari (New)
Body Position : V-Sit
Locomotion : 1 Leg Hopping
- Foam Bricks - Give each child a brick.
- Balance, General Co-ordination and Spatial Awareness & Control

***Note: Bricks can be used as substations. Stepping stones or to form a long line for the 1-2 Years as a beam.**

- Warm Up on the Brick
 - Start by balancing on one leg while standing on the brick length ways. Stand like a Flamingo. Then take the leg out to the side, then backwards and then forward. The older the child the higher the leg should be raised. Change legs.
 - Repeat above with foot balancing on the brick on the narrower side.
 - Above can be repeated with brick balancing on the head.
 - Perform the following whilst sitting on the brick, long sit, strong position, v-sit, superman and front support. Hold the position for a few counts.
 - Lie on back with brick under the bum, raise legs at least 45 degrees angle and hold. Raise and hold until you reach a 90 degree angle. Bring down in 20 degree intervals.
 - Jump over the brick in all directions.
 - Put brick upright on floor and kick.
 - Throw brick up in the air and catch.
 - Let children make a mini beam and walk across.
 - Place foam bricks in a line, but spaced out. Walk across the "river on stepping stones".

Ending Activity

Build a tower. Strong position on brick! HOLD!

7 – 8 YEARS

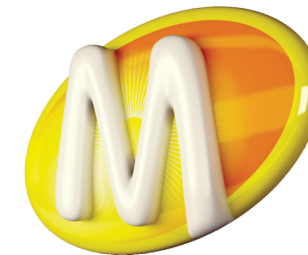
- Lesson 10 - Foam Bricks
- Warm Up Routine - Music : Monkey Safari (New)
Body Position : Cobra
Locomotion : 1 Leg Hopping

- Foam Bricks
 - Same as 3-6 Years
 - Stand across from your partner. Each holding a Foam Brick - throw and catch each others bricks.

1 – 2 YEARS

- Lesson 10 - Foam Brick and Jumper
- Warm Up Routine - Music : Wake Up Warm Up D1#4
Body Position : Cobra
Locomotion : Monkey Walks

- Station A
 - Children to balance on brick.
 - Pace bricks in a straight line to form a beam, walk across.
 - Throw brick and catch.
 - Place brick on it's side and kick, softly!
 - Build a tower.
- Station B
 - Sit on brick - Egg position.
 - Sit on brick - L position.
- Station C
 - Assist children on jumper.



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3 – 6 YEARS

- Lesson 11 - Promotion Obstacle Course
- Warm Up Routine - Music : Own Choice
Body Position : Own Choice - Various
Locomotion : Own Choice - Various
- Various
- Goal is to promote Monkeynastix!

I want to encourage you to discuss with the school, to give each child in the school a chance to go through the following circuit;

STATION 1

Flat 1m Beam

- Walk across beam
- Add & Bean Bag / Ball
- Turn down one paralettes to create an incline / decline beam
- Perform jumps and min cartwheels over the beam.

STATION 2

Floor

- Revise / Choose
- Egg?
- Stick?

STATION 3

Free Body Movement

- Crab walks and other animals moves.
- Gorilla Walk
- Revise body positions from charts.

STATION 4

Trampoline

- Revise all jumps

STATION 5

Speed & Agility

- Ladder (4)
- Hurdles
- Pyramid Mat

7 – 8 YEARS

- Lesson 11 - Promotion
- Warm Up Routine - Music : Own Choice
Body Position : Own Choice - Various
Locomotion : Own Choice - Various

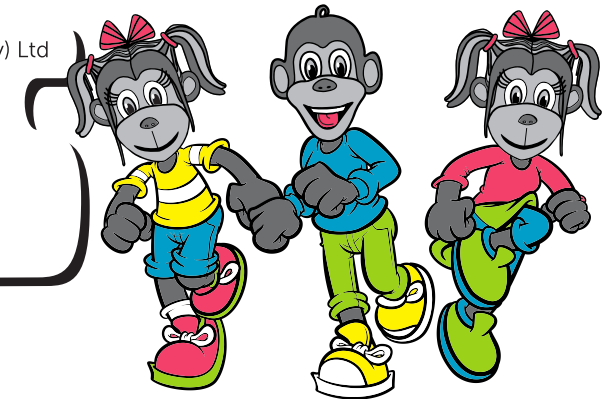
- Same as 3-6 Years

1 – 2 YEARS

- Lesson 11 - Promotion
- Warm Up Routine - Music : Wake Up Warm Up D1#4
Body Position : Cobra
Locomotion : Monkey Walks

Own choice

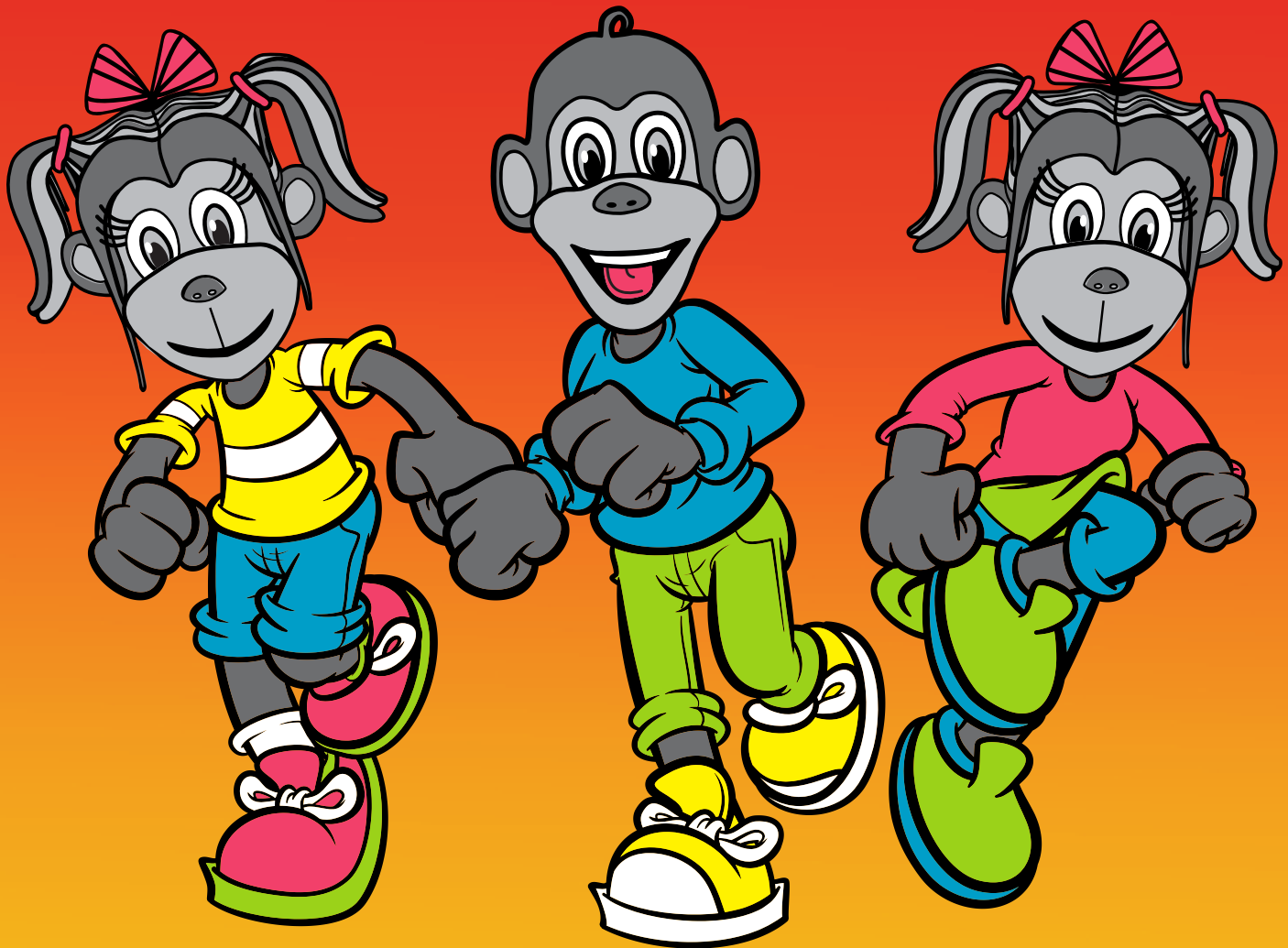
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