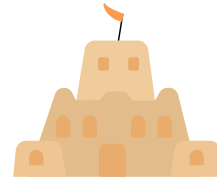


Monkey Gymnastics



Warm up

- On the beach
- Running, jumping on sand
- swimming
- Building sand castles



LESSON PLAN



Body position

Body Shapes
&
Stretching



Hand
Apparatus
scarves



Balance

Exploring
different ways
of balancing



Cool down

Time to cool
down and
reflect

