

**Wiggle,  
Giggle &  
Munch**



# TEMPLATE SESSION PLAN

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Week: \_\_\_\_\_ Date: \_\_\_\_\_

Question of the day:

\_\_\_\_\_

Warm up activities:

1. \_\_\_\_\_

2. \_\_\_\_\_

Active songs and rhymes:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Movement skills:

\_\_\_\_\_

\_\_\_\_\_

Games and activities:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Cool down stretches, activities:

1. \_\_\_\_\_

2. \_\_\_\_\_

Make & Take:

1. \_\_\_\_\_

2. \_\_\_\_\_

Snack:

\_\_\_\_\_

\_\_\_\_\_

Music for dance Munch/Motion Minute to share:

\_\_\_\_\_

\_\_\_\_\_

# TEMPLATE PROGRAM PLAN

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Week	Date	Movement Skills	Songs, rhymes	Games, activities	Cool down	Make & Take	Snack
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Notes:

# SAMPLE PROGRAM PLAN

Week	Date	Movement Skills	Songs, rhymes	Games, activities	Make & Take	Snack
1	Sep 17	Balancing	Bunny Rabbit, Loobey Loo, Round the Garden	Line walking, balance on one foot, statues (with music/freeze)	Foot prints	Fruit pizzas
2	Sep 24	Running and galloping	A Room Choom, I Have a Little Pony, Round the Garden	Dump and scatter, musical hoops	Streamers	Veg, hummus, pita
3	Oct 01	Hopping	One is a Giant, Sleeping Bunnies, Walking walking	Bunnies go home	Jelly fish	Yogurt, seeds, fruit
4	Oct 15	Jumping	Zoom Zoom Zoom, Ring Around the Rosie, Bear in My Hair	Jumping obstacle, sleeping bunnies	Kangaroo pouches	Wraps
5	Oct 22	Throwing	A Room Choom, We Walk, A Duck	Balls/bins/scarves/ hoops on walls, bowling	Paper bag kites	Roasted chickpeas/ carrots, apples
6	Oct 29	Striking	Head and Shoulders, I Have a Little Pony, Room Choom	Sticks/noodles/balls/ tape nets, bubbles and fly swatters	Kleenex ghosts and paper plate spider webs	Trick or treating snack: yogurt, fruit cereal
7	Nov 05	Kicking	Ring Around the Rosie, A Duck, Bear in My Hair	Donkey kicks, balls/ tape nets/pylons, kick over noodles	Paper bag targets for kicking	Salad bar
8	Nov 12	Body management	Head and Shoulders, Loobey Loo, Round the Garden	Rolling mats, rolling bowling, statues, London Bridge	Steering wheels	Cottage cheese dip, pita chips, peppers, broccoli
9	Nov 19	Catching	A Room Choom, Walking Walking, Bear in My Hair	Roll and throw balls/ scarves/bean bags, dump and scatter	Paper bag monsters	Oatmeal sundaes
10	Nov 26	Balancing	One is a Giant, Ring Around the Rosie, Sleeping Bunnies	Lines on the floor, noodles. Everybody do this and hot potato	Paper plate snakes	Tacos
11	Dec 03	Kicking	Mulberry Bush, Head and Shoulders, Round the Garden	Balls/nets, pylons/ noodles, musical hoops	Jingle bracelets	Bagels, sun butter, fruit
12	Dec 10	Running and galloping	I Have a Little Pony, We Walk, Mulberry Bush	What time is it Mr. Wolf, flash cards	Flash card grab bag	Rice bowl
13	Dec 17	Obstacle course	Ring Around the Rosie, We Walk, requests	Tape lines, over/under noodles, tunnels, pylons, mats	Paper plate snow shoes	Fruit and yogurt tubes