

Preschool: jungle adventure

Ages 2–5

45 minutes

4 stations

Themed

Lesson objective: Four foundation skills wrapped in a jungle story: log rolls, beam walks, tuck holds and two-foot landings.

EQUIPMENT & SETUP

Wedge mat, low beam or a floor line in tape, four to six mats, a low block, and a few soft props if you have them.

WHY THE THEME

Preschool classes live or die on engagement. The theme carries the class; the structure underneath is fixed — warm-up, four stations, obstacle course, cool-down.

BLOCK	TIME	WHAT HAPPENS	COACH CUE
Warm-up	8 min	Animal walks around the floor: bear walk, crab walk, frog jumps. Then “wake up the jungle” — reach tall like trees, curl small like seeds	Everyone moving, nobody in a line
Station 1	5 min	Log rolls down a wedge mat — “roll like a snake”	Arms stretched overhead
Station 2	5 min	Tightrope walk on a low beam or the taped floor line	Arms out wide
Station 3	5 min	Tuck holds on a mat — “curl up like a sleeping monkey”	Hold for 5 to 10 seconds
Station 4	5 min	Jumps off the low block onto a soft mat	Land on two feet
Apply	8 min	A jungle obstacle course that links all four skills into one path	Call the story as they go
Cool-down	4 min	“The animals go to sleep” stretch on the mat, then a quick recap	Ask which animal each skill was

Scale down

Ages 2–3: shorten the rolls and step along the floor line rather than the beam.

Scale up

Ages 4–5: raise the beam slightly and ask for a held shape at the top of each jump.

Keep it moving

About 5 minutes per station. If a station stalls, rotate early — momentum beats completion at this age.