Monkey vs Sloth Jelly

Today's Jelly (class theme) is Monkey vs Sloth. In swimming we'll learn to scull/tread like a sloth and sprint like a monkey. In climbing & yoga we'll learn about dynamic/static movement. You can read more about the current Jelly at *www.pbjellyfish.com/jelly*.

Today In YOGA I Practiced:

Adho Mukha Svanasana
Downward Facing Dog

Utthita Trikonasana
Extended Triangle

Prasarita Padottanasana
Wide-Legged Forward Bend

Sleeping Pigeon

Mandukasana
Frog

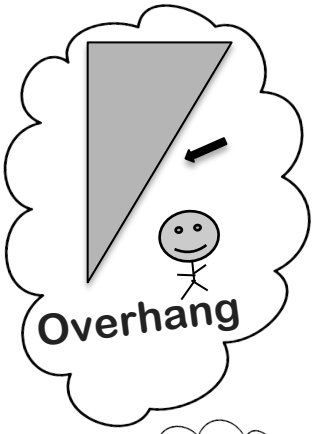
Static Poses – When I stretch like a sloth I hold each pose and focus on my breath for 4 inhales & 4 exhales.
Dynamic Poses – The monkey in me likes to get my heart rate up by jumping from one pose to the next!

Books & Songs:

"Slowly. Slowly. Slowly." Said the Sloth by Eric Carle
Snoozefest by Samantha Berger
Sparky by Jenny Offill & Chris Appelhans
Two Little Monkeys by Mem Fox
Hug by Jez Alborough
Count the Monkeys by Mac Barnett

Today In CLIMBING I Practiced:

Overhanging Wall– An overhanging wall slants out over my head.
Jug Hold- A jug is a hold that I can easily grab and it will hide my fingers. I can almost fit my whole hand inside.
Static Movement- When I climb statically, like a crocodile, I am slow and controlled. I can stop and hover my hand in the air at any time before I reach the next hold. I may have to make a big stretch like a ballerina to reach my hold.
Dynamic Movement- When I make a dynamic move it may be bigger and faster. I can bounce like a frog or swing like a monkey to move from hold to hold.



Today In SWIMMING I Practiced:

Sculling- I can propel myself by swishing my hands up/down, back/forth, around in circles and pushing against the water.
Treading Water- I keep my head up and stay in one spot. I use my legs like a frog or an eggbeater while I spread peanut butter and jelly across the top of the water with my hands.
Sprinting- When I sprint I swim as fast as I can! I want to make sure that I don't get sloppy.

***Child-centered learning. Your class may not practice every listed skill.**