

MONSTER MANIA JELLY



Today's Jelly (class theme) is Monster Mania! We'll eat and bowl with our monster friends as we learn about **Breaststroke** in the pool, **Route Reading** on the wall, and **Emotions** on the mat. You can read more about the current Jelly and download this page at www.pbjellyfish.com/jelly.

TODAY IN YOGA CLASS I PRACTICED:



Anjaneyasana
Low Lunge



Bhujangasana
Cobra



Dhanurasana
Bow



Goddess



Malasana
Squat

Monster Breath – Sitting up tall on my knees, I reach my monster claws up to the sky and let out a scary exhale with my tongue sticking out.

Emotions – We talked about our emotions and how different situations can make us feel.

Books & Songs:

- *Romping Monsters, Stomping Monsters* by Jane Yolen
- *I Need My Monster* by Amanda Noll
- *Don't Push the Button!* by Bill Cotter

TODAY IN CLIMBING CLASS I PRACTICED:

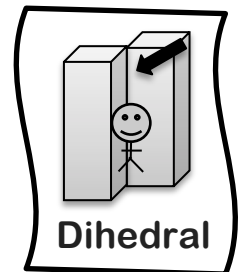
Dihedral – A dihedral is an inside corner. I can climb on two walls at once.

Sloper Hold- A sloper is a hold that is rounded so that I can't fit my hand inside. It might look like a basketball or a mountain. Slippery sloper!

Stemming- When I'm in a dihedral or a chimney I can push my feet or hands against both walls.

Following Tape- Climbing gyms use tape or colored holds to mark the path that I should follow if I want a challenge. These are called "problems" if I'm bouldering without a rope or "routes" if I'm climbing on a rope. I start with two hands on the first hold, follow the same color and end with two hands on the final hold.

Be Aware Rule #2- "I Use My Listening Ears". When I am climbing I need to be aware of the sounds around me and listen to grown ups. If I follow directions I can stay in safe zones.



TODAY IN SWIMMING CLASS I PRACTICED:

Breaststroke- In breaststroke I use my "frog" kick and "pizza" arms. I scoop to my heart and then shoot back out to glide. I try to move my body in the right order and follow the "pull, breath, kick, glide" timing.

Underwater Swimming- When I swim deep underwater I can go fast using both arms at the same time!

*Since each class is catered to the students, not every class will go over every skill listed.