

Clean & Green Gymnastics

Thank-you for taking part in this special BC Hydro and Gymnastics BC promotion. We have joined forces to work together to keep BC clean and green for future generations while raising money for Gymnastics BC. By using this special "Green" themed lesson plan, you are helping promote the BC Hydro Power Smart program to your gymnasts and their families. In addition to the warm-up and lesson plan provided, we encourage you to distribute the:

- Flyer for parents on how to join the Team Power Smart
- Stickers for participants

Clean & Green Warm-Up

1. Warm Up Songs:

- a. "If You're Green and You Know It" (*Sung to the tune " If You're Happy and You Know It"*)
 - Verse #1: If you recycle and you know it, clap your hands
 - Verse #2: If you walk or ride a bike, touch your toes
 - Verse #3: If you turn off the lights make a star
 - Verse #4: If you're green and you know it, shout hooray!
- b. "G-R-E-E-N" (*Sung to the tune of B-I-N-G-O*)
 - Reduce, recycle, and reuse to keep your planet green, G-R-E-E-N, G-R-E-E-N, G-R-E-E-N, and keep your planet green!

2. Group Games:

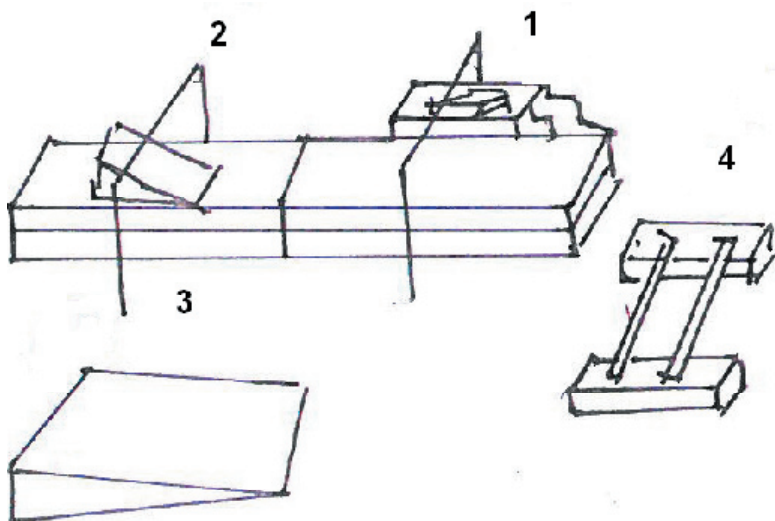
- a. Light Bulb Tag-similar to freeze tag; once tagged hands clasped above head means the light is on, in order to get untagged you must be tapped on the head to turn the light off and resume play.
- b. Garbage Clean-up: using the parachute try to get foam through the center of the parachute as if the kids are trying to get the garbage in the garbage can (center)

3. Basic Stretch:

- a. Pike-hands up is light on
- b. Tuck- light off
- c. Side Stretches- trees
- d. Cycle while on back- riding a bicycle
- e. Back Rolls - planet Earth

Clean & Green Lesson Plan

Bars



1 & 2. Four red crash mats, one box, one small box, one stair, and one incline

3. One incline

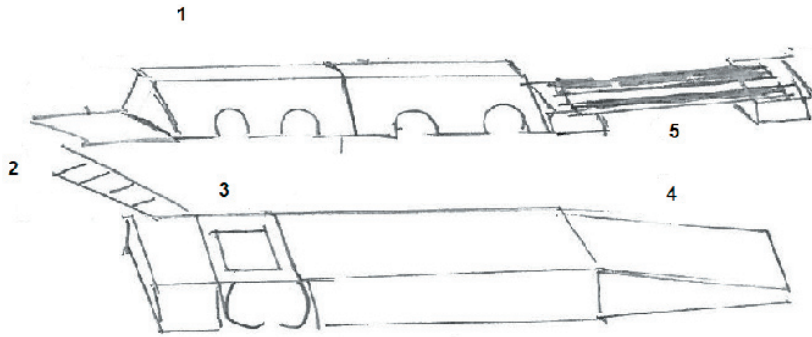
4. Two fat beams, and two small boxes

Activities

1. Playing in our green trees: Long hang, tuck hang, swing;
2. Looking for ways to be more green: Peak a Boo three times. Touch toes to bars;
3. Log rolls for saving the trees & Orbiting the planet: Incline- log roll left – log roll right – forward roll;
4. Insect walks: spiders, beetles, grasshoppers, ants

Clean & Green Lesson Plan

Mini Tramp/Tunnel Box



Equipment

1. Two beams with beam expanders on them. Have bean bags and felt shapes on the beams and a sting mat to dismount onto.
2. Ladder or incline beam
3. Mini tramp, deep crash
4. Incline
5. Two fat pads and two small boxes

Circuit Activities (10 min)

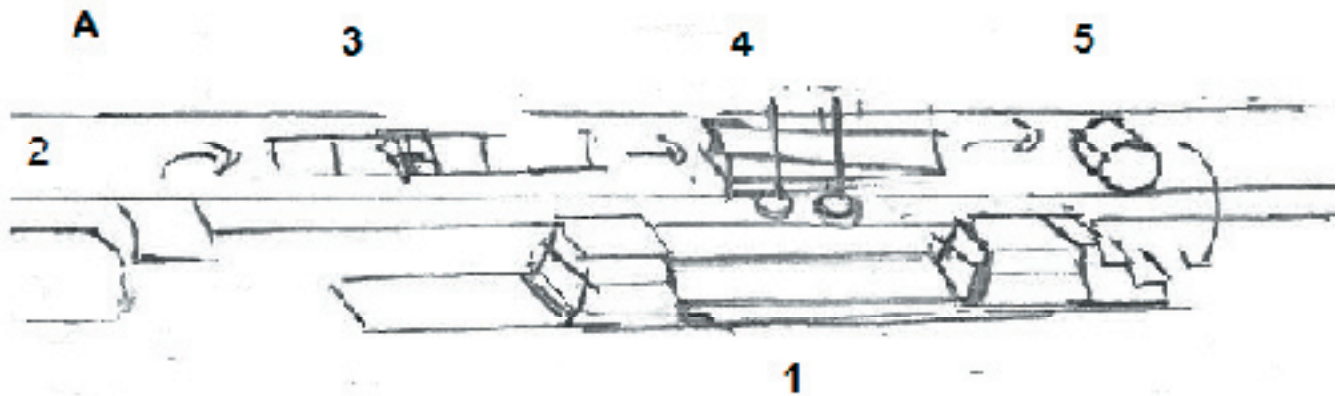
1. Clean up the earth by picking up litter: Two beams with beam expanders on them. Have bean bags and felt shapes on the beams and have the children pick them up as they walk along the beam and drop them in a basket. Motorcycle dismounts off ends
2. Lights: Push a pretend button at the bottom to turn on the light and then climb the ladder. At the top press a noise maker for for energy efficient lighting and remembering to turn off the lights.
3. Clean Air: Mini tramp, jump box to mini tramp to crash mat. STAR Jumps for clean air
4. Save the trees: Incline-Log rolls on the incline.
5. Save the planet!! Fat pads: crawl like an ant, hop like a grasshopper, creep like a beetle, walk like a spider.
6. 1 min at the end, all stand on tunnel box and sing "If you are green and you know it"

Static Activities (5 min)

Save the animals: What animal would you like to save? Each child gets a turn picking an animal and then everyone imitates that animal on the beam.

Clean & Green Lesson Plan

Rings Circuit



Equipment

1. Sting, two blocks, crash, two blocks, and stairs
2. Beat board
3. Smartie mat
4. Incline
5. Yellow roller
6. Dome

Activities

1. Rings swing box to box. Saving the trees for the monkeys and the children
2. Beat board, jump to rod floor: Safety landings
3. Smartie mat: make a train and stand on the box, open the door and let people on and off
4. Incline forward roll: rolling in orbit like planet earth
5. Roller forward and backwards roll: Reuse and recycle (back and forth)
6. Dome (upside down): surfing the waves on our clean oceans