



Halloween Lesson Plan

Age Group: Preschool

Length: 30-45 Minutes

Fundamental Movement Skills (FMS): Running, Throwing, Running, Jumping, Striking, Tracking, Rhythm, Balance

Equipment: Hoops, Painters Tape, Cotton Balls, Balloons, Noodles, Speaker

Warm Up: Zombie Walk

5 Minutes

Equipment: None

FMS: Running

Assign a few students to be the zombie. They must walk like a zombie; their job is to try to tag all the humans. If a human gets tagged, they become a zombie. Continue playing until everyone is a zombie.

Note: play in a smaller space because the zombie is walking not running.

Little Sleeping Monsters Song

5 Minutes

Equipment: None

FMS:

Sing the song "Little Sleeping Animals" but change animals to monsters. Children start by laying down. Tell them that you are going to sing a song where they're going to act like all the different kinds of scary creatures. Once you sing the verse, the children will jump up and act like the creature. When you want the children to go back to sleep for the next part, yell "BACK TO SLEEP".

Verse:

FIT KIDS HEALTHY KIDS – LESSON PLAN



All the little monsters, asleep under the sun.

But the moons coming up, and they'll be awake soon.

Wake up little _____ (*say a Halloween creature*) and _____
_____ (*say an action*).

For example;

All the little monsters, asleep under the sun.

But the moons coming up, and they'll be awake soon.

Wake up little werewolves and crawl, crawl, crawl!

WATER BREAK!

Spider Web Throwing

5-7 Minutes

Equipment: Hoops, Painters Tape, & Cotton Balls

Set Up: Before playing this game, put painters tape through hoops to resemble a spider web.

FMS: Throwing

Leaders hold the spider web hoops in the air. Children must throw cotton balls at the spider web. The cotton ball will stick to the painters tape if it is thrown directly at it. Continue playing until the spider webs are filled of cotton balls.

Halloween Freeze Dance

5-7 Minutes

Equipment: Speaker

FMS: Rhythm & Balance

Play different seasonal Halloween songs such as Thriller, Monster Mash, and Ghost Busters. When the music is playing, the children can dance and move their bodies. When the music stops, they must freeze.

WATER BREAK!



Float the Ghost

5-7 Minutes

Equipment: 1 Noodle & 1 Balloon per Person

FMS: Striking, Tracking, & Running

Use your hands or a noodle to strike the ghost (balloon). Try to keep the ghost in the air for as long as possible.

Cool Down: Halloween Balance Poses

Length: 3 Minutes

Equipment: None

Have children sit down on the ground. Tell them that we are going to do different Halloween poses for 10 seconds. Use your imagination for the poses! Below are a few of our favorites;

1. Black Cat (Cow Pose): Children go on their hands and knees. They must try to round their backs like a scared black cat.
2. Werewolf Pose (Upward facing dog): Children lay on their bellies. They put their hands under their shoulders and lift the top half of their bodies in the air. Just like a werewolf would howl at the moon.
3. Frankenstein Poses: sitting on your bums, with your legs straight in front of you. Hold your arms straight too so they are parallel with your feet.
4. Pumpkin Pose (Childs Pose): children sit on their knees and try to bring their face to the ground. Try to make yourself as small as possible when doing this pose.
5. Mummy Poser: lay on your back very still with your hands to your sides. You must pretend to be as still as a mummy.