Valentine Movement Magic: Tumble and Share!

Materials Needed

- Soft, clear space (mat, rug, or padded floor)
- Pillows or soft cushions (for head cushioning and safety spotting)
- Upbeat, fun music and calming cool-down music
- Optional: Small heart cutouts or visual aids

Universal Lesson Objectives (The Learner will be able to...)

1. Demonstrate safe movement and landing practices (soft knees, protecting the head).
2. Successfully perform the "Valentine Tuck" body shape (tight ball).
3. Execute a basic Log Roll and an assisted, modified Forward Roll ("Teddy Bear Roll").

Introduction (Tell them what you'll teach)

Time: 5 minutes

Hook: Happy Heart Day Movement!

Educator Talking Points: "Hello, my wonderful mover! Valentine's Day is all about showing love and giving big hugs. Today, we are going to use our bodies to make amazing Valentine shapes! We are going to learn how to roll safely like happy little hearts and land softly like a gentle kiss. Are you ready to make your body strong and bouncy?"

Setting the Stage and Safety

Success Criteria: We know we are successful when we listen to our bodies, keep our knees tucked when we roll, and always land on soft knees.

- **Warm-up Stretch (The Love Reach):** Stand up tall! Reach up high to the sky like you’re trying to grab a puffy pink cloud (stretch arms). Now, gently touch your toes like you are saying hello to your feet (stretch hamstrings). Shake your hands and wiggle your toes!

Body of the Lesson (Teach It)

Time: 20 minutes

Phase 1: I DO (Modeling Safety and Shapes)

Activity: The Valentine Tuck (Hugging Our Knees)

Educator Modeling: "Watch me first! The most important tumbling shape is the 'Tuck.' It keeps our spine safe when we roll. I am going to sit down and bring my knees right up to my chest. I wrap my arms around them and squeeze tightly, tucking my chin down. I look like a tiny, perfect little ball! This is the ‘Valentine Tuck’—like giving myself the biggest hug."

- **Focus Point:** Emphasize keeping the chin tucked in (protecting the neck).
- **Demonstration:** Show how to gently rock side-to-side while maintaining the tucked shape.

Phase 2: WE DO (Guided Practice - Moving Like Hearts)

Activity 1: The Rocking Heart

Practice: Learners sit and practice the Valentine Tuck. The Educator guides them gently, physically adjusting if necessary, to help them maintain the tight ball shape.

Educator Talking Points: "Now let's rock! While holding your tight tuck, gently rock backward and forward, just a tiny bit. Rock, rock, rock! Are you still a tight little ball? Good job! This is how we get ready to roll."

Activity 2: The Cupid Log Roll

Practice: Learners lie on their back, stretching their arms straight over their head (like a long pencil/log). They practice rolling across the mat from one side to the other, keeping their bodies straight and engaged.

- **Instruction:** "Pretend you are a straight log rolling across the river. Keep your body long and tight! Don't use your arms to push, use your core to twist."
- **Formative Check:** Did they keep their body straight? (Visual Check)

Phase 3: YOU DO (Application - The Gentle Roll)

Activity: The Teddy Bear Roll (Modified Forward Roll)

Goal: Safely execute a modified forward roll using the tuck shape and a soft starting position (scaffolding).

Set-up: Place a folded blanket or pillow under the learner’s head start zone to slightly elevate the hips or cushion the head.

1. **Start Position:** Kneel down. Put your hands flat on the mat like big sturdy feet.
2. **The Tuck & Push:** Tuck your head down—chin tucked to your chest (hug your knees tightly). Look at your belly button.
3. **The Roll (Assisted):** Gently push off with your feet. The Educator places a hand on the lower back/hips and gently guides the roll over. Emphasize landing back in the tuck position.

Educator Talking Points: "Remember that tight little ball? You must keep your head tucked down so your strong shoulders and back touch the mat first. Whoosh! You rolled! That was gentle and safe!"

Differentiation and Adaptability

For Struggling Learners (Scaffolding)	For Advanced Learners (Extension)
Focus only on the Valentine Tuck and the Rocking Heart. Provide heavy physical support (spotting) during the Teddy Bear Roll, or simply practice rolling sideways (Log Roll) until balance is achieved. Use soft music for focus.	Practice connecting the movements: Log Roll → Stop → Stand up safely (Soft Knees) → Teddy Bear Roll. Introduce the Bridge of Love (Bridge Prep - lifting hips off the floor, tummy to the sky).

Conclusion (Tell them what you taught)

Time: 5 minutes

Closure and Cool-down

Activity: Melting Chocolate

Educator Talking Points: "Wow, our bodies worked so hard! Let’s let them rest. Lie down on your back like a star. Pretend you are a piece of delicious chocolate melting slowly in the sun." (Use calm music.)

- Take three slow, deep breaths in (smell the flowers) and out (blow out the candles).
- Gently stretch arms and legs long.

Recap and Summative Assessment

Recap Question: "What was the most important shape we learned today to keep our bodies safe?" (A: The Tuck/Ball shape)

Demonstration Assessment: Ask the learner to demonstrate two successful, unprompted 'Valentine Tucks' and one safe standing landing (soft knees). Check for proper technique and safety awareness.

Final Takeaway: "You moved like absolute stars today! Remember, tumbling is fun, but safety comes first. Great job keeping your body strong and safe!"