

Tumbling 2 & 3-Year-Olds

Objective: Help them with coordination, balance, and agility.

Learning Social Skills: Interactions with fellow classmates, learning to take turns, watching, listening, and incorporating teamwork in the process.

Cognitive Skills: Taking turns, listening, watching, and following instructions.

Confidence: Overcoming fear, work-ethic, achievement, and determination

1. Meeting classmates: interactions, sharing stories, hobbies, interests. (Approx. 5 min)
2. Game: Tag, run octopus run, Pac-man tag, freeze tag, or when the music stops, they stop. (Approx. 10 mins)
3. Mats/ Floor work: Each week has a different trick to learn and critique. Such as somersaults, cartwheels, handstands, balance beams. Walking across the green beams to work on balance. (Approx. 20 mins)
4. Stretching: Upper body, working the way down to the lower body. Increasing flexibility and to prevent injuries (Approx. 5 mins)
5. End of class- Stickers (Approx. 2-3 mins)
6. If there is more time at the end and kids are not focusing. Bring out the carts and let them play and STAY ACTIVE!!!

Tumbling 4 & 5-Year-Olds

Objective: Help them with coordination, balance, and agility.

Learning Social Skills: Interactions with fellow classmates, learning to take turns, watching, listening, and incorporating teamwork in the process.

Cognitive Skills: Taking turns, listening, watching, and following instructions.

Confidence: Overcoming fear, work-ethic, achievement, and determination

1. Meeting classmates: interactions, sharing stories, hobbies, interests. (Approx. 5 min)
2. Game: Tag, run octopus run, Pac-man tag, freeze tag, or when the music stops, they stop. (Approx. 10 mins)
3. Mats/ Floor work: Each week has a different trick to learn and critique. Such as somersaults, cartwheels, handstands, balance beams. Walking across the green beams to work on balance. If the skill level is higher than expected, (Approx. 20 mins)
4. Stretching: Upper body, working the way down to the lower body. Increasing flexibility and to prevent injuries (Approx. 5 mins)
5. End of class- Stickers (Approx. 2-3 mins)
6. If there is more time at the end and kids are not focusing. Bring out the carts and let them play and STAY ACTIVE!!!