

GYMNASTICS

Positions & Rolls

Equipment: CD Player & CD, Bean Bags, Panel Mat, Wedge Mat

Games & Songs

Tuck and Cheer: (To the tune of Farmer in the Dell while sitting in a straddle position) ___ is here today, ___ is here today. Everybody Tuck and Cheer ___ is here today! Yay!

Hokey Pokey: Right Hand, Left Hand, Right foot, Left Foot, & Head

If you're happy and you know it: (Use gymnastics concepts) Point your toes, Do a pike, do a tuck, do a straddle, do a roll, etc.

Jack be Nimble: repeat nursery rhyme and child can jump over hula hoop
"Jump and Cheer" – (one at a time have them choose a tuck, pike, straddle, or straight jump) "Do a Jump and cheer! Shout you're name if you're here!"

	Parent/Tot	Preschool	School-Age
WARM-UP	Introductions – Name Game/Song Teach flex and point positions Teach the four gymnastics positions <ul style="list-style-type: none"> Tuck, Pike, Straddle Straight in sitting, standing, and jumping Stretch: Play the piano on your toes in Pike position, play the drums on the floor in straddle position.	Introductions – Name Game/Song Teach flex and point positions Teach the four gymnastics positions <ul style="list-style-type: none"> Tuck, Pike, Straddle Straight in sitting, standing, and jumping Stretch: Play the piano on your toes in Pike position, play the drums on the floor in straddle position.	Introductions – Name Game/Song Teach flex and point positions Teach the four gymnastics positions <ul style="list-style-type: none"> Tuck, Pike, Straddle Straight in sitting, standing, and jumping Stretch: Play the piano on your toes in Pike position, play the drums on the floor in straddle position.
REVIEW	SONG: Make a pizza Animal walks: <ul style="list-style-type: none"> Giraffe (straight stand – tip toes and arms over ehad) Bunny (straight hops) Bear (walk in pike stand position) Frog (tuck stand, straight jump) Inch Worm (pike stand, walk hand to plank, walk feet to pike stand and repeat) Horse (gallop) Bird (flap wings) 	SONG: Make a pizza Animal walks: <ul style="list-style-type: none"> Giraffe (straight stand – tip toes and arms over ehad) Bunny (straight hops) Bear (walk in pike stand position) Frog (tuck stand, straight jump) Inch Worm (pike stand, walk hand to plank, walk feet to pike stand and repeat) Horse (gallop) Bird (flap wings) 	SONG: Make a pizza Animal walks: <ul style="list-style-type: none"> Giraffe (straight stand – tip toes and arms over ehad) Bunny (straight hops) Bear (walk in pike stand position) Frog (tuck stand, straight jump) Inch Worm (pike stand, walk hand to plank, walk feet to pike stand and repeat) Horse (gallop) Bird (flap wings)
NEW SKILL(S)/ PRACTICE	Rolls (use the wedge) <ul style="list-style-type: none"> Log roll – parent models 1st Somersault: High Low, go go go" Parent assistance or spot Straddle (peek-a-boo) 	Rolls (use the wedge) <ul style="list-style-type: none"> Log roll w/ beanbag try to keep bean bag between thighs Tuck (reach up high, squat down low, look for your tummy, over you go) Pike (high low, over you go) Straddle (peek-a-boo)	Rolls (use the wedge) <ul style="list-style-type: none"> Log roll w/ beanbag try to keep bean bag between thighs Tuck (reach up high, squat down low, look for your tummy, over you go) Pike (high low, over you go) Straddle (peek-a-boo) Forward roll to standing position Multiple rolls in a row (panel mat) Backwards rolls

