

Look What We've Been **LEARNING!**

KINDERGYM & PRESCHOOL GYM

ACROSS 5 WEEKS

Our Kindergym and Preschool gymnasts have been busy learning lots of new skills, building confidence and having **fun** every week!



SKILLS WE'VE BEEN WORKING ON



BARS SKILLS

- Pullovers
- Tuck hangs and dead hangs
- Chin up, toes up
- Monkey walks
- Swinging on rings
- Climbing across ladder
- Front support holds



BEAM SKILLS

- Sideways walking
- Balancing and tip toe
- Jumping and landing with control
- Rock n'rolls to stand
- Bear crawls
- Walking and jumping along the beam



FLOOR SKILLS

- Forward rolls
- Backward rolls
- Cartwheels
- Handstands and tuck handstands
- Cast shapes
- Pencil rolls
- Bear crawls
- Star jumps and straight jumps
- Rocks n'rolls
- Climbing, sliding and obstacle courses



TRAMPOLINE SKILLS

- Straight jumps
- Star jumps
- Tuck jumps
- Bunny hops
- Jumps with arm circles
- Landings in motorbike
- Using hands on the side of the tramp



MOVEMENT & COORDINATION

- Traffic Lights game – moving in different ways
- Skipping, jumping jacks and changing directions
- Hoop activities – rebound practice and skipping
- Shapes warm-up to stretch, balance and move our bodies
- Following instructions, taking turns and working with friends

WHAT'S NEXT?

We'll keep building on these skills with fun challenges, games and lots of encouragement every week!

WE ARE SO PROUD OF OUR LITTLE GYMNASTS!

Thank you for your support at home – it makes a big difference!

REMEMBER!

- Bring your water bottle!
- Hair tied back and leotard/active wear please!
- Most importantly – come with a positive attitude and ready to have fun!

WE LOVE WATCHING OUR GYMNASTS GROW, LEARN AND SHINE!

GO BG!

