



KinderGym Term 2025

Dear Parents and Carers,

We're so excited to kick off another fun-filled term of KinderGym Gymnastics with your little ones! We've got a fantastic term ahead, full of movement, laughter, and new skills to learn. To help everything run smoothly and make sure everyone has a great time, we wanted to go over a few important points:

- ★ **Mobile Phones:** Let's keep the focus on the fun! Please avoid using mobile phones during class so that everyone can stay engaged and active.
- ★ **Class Start and Finish Times:** Please respect your class start and finish times by not entering the gym before your allocated start time and by leaving the gym promptly at the conclusion of your class.
- ★ **Food and Drinks:** For everyone's safety, we ask that no hot drinks or food are brought into the gym. But don't forget to pack a water bottle so your child can stay hydrated during all the action!
- ★ **Parent Participation:** We love having you involved! Parents are expected to be hands-on during class, helping and cheering on your little gymnast. Your support makes all the difference in creating a positive, fun atmosphere.
- ★ **Stay Close and Safe:** Please make sure your child doesn't wander off to other equipment. We want to keep everyone safe while having a blast!
- ★ **Sharing is Caring:** It's all about taking turns! Encourage your child to wait their turn and be patient while they line up for their go at each station.
- ★ **Listen and Learn:** We want every child to get the most out of their time in class, so encourage children to listen and follow instructions, but at this age they take their cues from you — show them how by listening and participating alongside them.
- ★ **Complete the Stations:** Every station is a new adventure! Please encourage your child to try them all and not skip any – they'll be learning and growing every step of the way!

If at any point your child needs an easier option or a little extra help, just let us know. We're here to make sure they feel confident and excited as they try new things!

Gymnastics is a fantastic way for little ones to develop essential skills while having fun! It helps improve balance, coordination, flexibility, and strength, all while boosting their confidence and social skills, which can benefit them in so many other areas of their lives. The fun, structured environment also encourages motor skill development and the ability to follow instructions, setting the foundation for future physical activities. Plus, it's a great way for children to build a love for movement and start creating healthy habits that will last a lifetime!

As parents, you also play a key role in this process—by listening to and following instructions, you set a positive example for your child. Your involvement not only reinforces the importance of following directions but also creates a supportive and engaging atmosphere for everyone!

A brief description of the classes

KinderGym classes are a semi-structured carer-child session. Sessions include warm-up activities, music, circuits, fundamental movement patterns, gymnastics specific skills and free play. Our approach to lesson planning involves each session being centred around a specific theme, which typically lasts between one to two weeks. By using this method, we can infuse creativity and educational value into every session. KinderGym classes encourage child-carer bonding through physical activity. With the guidance of an adult, these classes are an excellent way to introduce young children to gymnastics. During the session, the adult should remain with the child at all times. Their role is to help their child follow the circuits, take turns, and attempt all activities. Additionally, coaches are available to assist adults in modifying exercises to better suit their child's needs. Finally, coaches should remind both carers and children that they should remain in the session and don't wander off to use other equipment. The timing of the session is as follows:

Time	Activity
0 – 5 mins	Intro + welcome song
5 – 10 mins	Warm-up
10 – 20 mins	Gymnastics Rotation 1
20 – 30 mins	Gymnastics Rotation 2
30 – 35 mins	Group Activity
35 – 45 mins	Exploration

Term Awards

This term we will be introducing certificates from the very first week. Stickers will be awarded to the children at the end of each session. During this time, you will collect their certificate, help them apply the sticker to the correct week and return the certificate. Stickers will be given for each attended week; at the end of term, you will take the certificate home.

Theme Schedule 2025

	Term 1	Term 2	Term 3	Term 4
Week 1	Welcome Week	Welcome Back Week	Welcome Back Week	Welcome Back Week
Week 2	Valentine's	Under the Sea	Sports Carnival	Disney
Week 3	The Very Hungry Caterpillar	Under the Sea	Bring a Friend Week – International day of Friendship	Halloween
Week 4	ABC's	1,2,3	Colours	Animals
Week 5	ABC's	1,2,3	Book Week	Animals
Week 6	Emergency Services Week	Body Parts	Colours	Hawaii/Moana
Week 7	Emergency Services Week	Body Parts	Grandparents Day?	Hawaii/Moana
Week 8	Outer Space	Pirates	Around the World	Superheroes
Week 9	Outer Space	Winter Wonderland/Frozen	Around the World	Christmas
Week 10	Easter	Winter Wonderland/Frozen	Music and Sounds	Christmas Party

Thank you for your support! We can't wait to see all the amazing things your child will achieve this term. Here's to a term full of fun, learning, and gymnastics!

Please let us know if you have any questions about your class.

Kind regards,

Bunnerong Gymnastics