

Preschool Gymnastics Term 2025

Dear Parents,

We're so excited to welcome you and your little gymnast to a brand-new term of preschool gymnastics! We've got a fun-filled term ahead, with lots of exciting activities to help your child develop new skills, make friends, and most importantly—have fun! Before we get started, we'd like to go over a few important reminders to ensure that everyone has a smooth and enjoyable experience:

- ★ **Photos and Videos:** For the privacy and safety of all our gymnasts, we kindly ask that no photos or videos be taken during class. We want everyone to be able to focus and enjoy the session without distractions.
- ★ **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:** To ensure a safe and clean environment, please do not bring any hot drinks or food into the gym. However, please remember to pack a water bottle for your child so they can stay hydrated during class.
- ★ **Parental Involvement:** Parents, we ask that you please refrain from distracting your child during class. Our coaches will reach out to you if they need any assistance. Your support in letting your child focus on the activities will help them get the most out of each session!

At the beginning of class, our coaches will discuss the following points with the gymnasts, however, before the first class, please remind your child of the following:

- ★ **Stay Close:** Your child does not wander to other equipment during class. It's important to stay in the designated area with the group for safety and to maintain a structured learning environment.
- ★ **Taking Turns and Waiting in Line:** We encourage all children to take turns and wait patiently in line for their go. This helps promote good sportsmanship and patience while ensuring that everyone gets a chance to try each activity.
- ★ **Listening to the Coach:** It's important that children pay attention to the coach and follow instructions. This helps keep everyone on track and ensures a fun, productive session.
- ★ **Bathroom and Water Breaks:** If your child needs a drink or a bathroom break, please let the coach know. We're happy to accommodate these needs during class time.
- ★ **Ask for Help When Needed:** Our coaches are always happy to help! If your child is struggling, needs help or has a question we want them to know they can always approach their coaches with anything they need!

We're here to support your child every step of the way, and we want to make sure they have the best experience possible. If you have any questions or concerns, don't hesitate to reach out.

A brief description of the classes

Preschool Gym is the first class that children can attend independently. Classes include warm-up activities, music, circuits, fundamental movement patterns and gymnastics specific skills. 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. In Preschool Gym sessions, gymnasts are expected to:

- ⇒ Listen to instructions
- ⇒ Follow the circuits
- ⇒ Take turns
- ⇒ Attempt activities
- ⇒ Ask for help when needed

This is beginning to introduce autonomy and responsibility to their learning process. Coaches will provide modifications, both progressions and regressions, for gymnasts that require them. The sessions are individualised as much as possible to encourage the development of each gymnast. The structure of the sessions is as follows:

Time	Activity
0 – 10 mins	Intro, welcome song & warm-up
10 – 20 mins	Gymnastics Rotation 1
20 – 30 mins	Gymnastics Rotation 2
30 – 40 mins	Group Activity
40 – 45 mins	Gymnastics physical preparation exercise

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

Pre-School Plus

Pre-School Plus is an exclusive class designed for selective gymnasts aged 4 to 5 who have demonstrated a special aptitude for gymnastics. This includes showing independence in their previous class, along with natural strength, flexibility and coordination that can be further developed through targeted training. Success in this class requires dedication and a strong commitment to progress. If your child shows a particular talent for gymnastics, our coaches will inform you.

Preschool Plus sessions do not follow or include themed weeks.

The session structure is:

Time	Activity
0 – 10 mins	Warm-up, posture and shaping
10 – 15 mins	Handstand development
15 – 30 mins	Gymnastics Apparatus 1 + strength
30 – 45 mins	Gymnastics Apparatus 2 + strength

Thank you for your cooperation, and 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