

Gymnastics Syllabus: beginning gym, (Ages 3-5)

Program Overview

The Little Explorers program is designed to introduce young children (ages 3-5) to the foundational skills of gymnastics in a fun, safe, and engaging environment. Our curriculum focuses on developing gross motor skills, coordination, balance, and body awareness through age-appropriate activities and positive reinforcement. The class structure incorporates simple instructions, visual cues, and a variety of play activities to build confidence and a love for movement.

Core Objectives

- To develop basic gymnastics skills and positions.
- To improve gross motor skills, coordination, and balance.
- To teach fundamental body control and spatial awareness.
- To foster a positive and cooperative learning environment.
- To build confidence and listening skills through fun, structured activities.

I. Fundamental Motor Skills & Warm-Up

These activities are designed to develop core strength, coordination, and a variety of locomotion skills.

- **Locomotor Skills:**
 - Bear Crawls
 - Frog Jumps
 - Bunny Hops
 - Hopping on both feet and one foot
 - Skipping
- **Warm-Up Activities:**
 - Simple stretches and animal walks.
 - Visual cues using colored dots or floor markers to designate positions.

II. Balance & Beam Work

This section focuses on improving balance and body control on a low beam.

- **Balance Beam Skills:**
 - Walking forward, backward, and sideways on the low beam.
 - Various body positions (e.g., arabesque, tuck, pike, straddle) on the beam.
 - Kneeling on the beam.
 - Jumping on and off the beam.

III. Tumbling & Body Positions

This area focuses on teaching fundamental tumbling skills and basic body shapes that are essential for gymnastics.

- **Tumbling Skills:**
 - Forward and Backward Somersaults (with assistance).
 - Cartwheels (with assistance and proper technique emphasis).
 - Log Rolls.
 - Obstacle courses with varied movements (crawling, jumping, balancing).
- **Body Positions & Control:**
 - Tuck, Pike, and Straddle positions.
 - Learning and maintaining basic shapes like "table" and "boat."
 - Developing body control through simple holds.

IV. Strength & Bar Activities

These activities are designed to build upper body and core strength using bars and trampolines.

- **Bar Skills:**
 - Pull-up on bar (with instructor spotting).
 - Chin-up holds and swings.
 - Toes-to-the-bar for core engagement.
- **Trampoline Work:**
 - Simple jumps (tuck, straight, straddle).
 - Focus on rebound control and safe landing techniques.
- **Additional Strength:**
 - Learning how to safely perform a Handstand (w/ // assistance, leading to kick up).

V. Teaching Methodology

- **Simple, Clear Instructions:** All instructions will be provided in simple steps that are easy for young children to understand.
- **Turn-Taking:** Children will learn to wait their turn patiently and safely for each activity.
- **Positive Reinforcement:** We will use positive encouragement and praise to build confidence and celebrate every small achievement.

VI. Safety & Class Etiquette

- All activities are age-appropriate and will be conducted with close instructor supervision.
- Children will learn to listen to instructions and wait for their turn before approaching a piece of equipment.
- We will ensure a fun and engaging environment where every child feels safe and valued.
- We will provide water break and any additional breaks if needed.