

Tiny Tumblers Syllabus

General Goals: Introduce young children to basic tumbling and movement skills in a fun, supportive environment. Develop coordination, balance, and body awareness through age-appropriate exercises and activities. Foster a love for physical activity and build confidence in movement and tumbling.

Skills Introduced:

Somersault	Floor Balance Beam Walk	Chassé
Bridge	Battements	Relevé
Bridge with One Leg	Crab Crawl	Leap
Handstand	Bear Crawl	Frog Jumps
Cartwheel (Right & Left)	Headstand Against Walls	Log Roll

Classroom Etiquette:

- **Listening Skills:** Students are encouraged to listen carefully to instructions and follow them promptly.
- **Taking Turns:** Emphasizing the importance of waiting for their turn during exercises and respecting their classmates.
- **Safety First:** Learning to be aware of their surroundings and practicing safe tumbling techniques to avoid injury.
- **Positive Attitude:** Encouraging enthusiasm and a positive attitude towards learning and trying new skills.

Structure of Class:

- **Warm-Up (5-10 minutes):**
 - Start with a fun, engaging warm-up that includes basic stretching and movements to prepare the body for tumbling.
- **Skill Development (20-25 minutes):**
 - Focus on practicing the specific tumbling skills listed above. Each class will introduce and reinforce a selection of these skills, with repetition to build confidence and mastery.
- **Obstacle Course/Stations (10-15 minutes):**
 - Set up an obstacle course or stations that incorporate the tumbling skills. This allows children to practice in a playful, structured environment, encouraging exploration and creativity.
- **Cool Down (5 minutes):**

- End with a gentle cool down, including stretches and breathing exercises, to help children relax and reflect on what they learned.

Emphasis on Fun and Safety:

- The class will prioritize creating a fun, safe environment where children can explore movement and tumbling at their own pace.
- Positive reinforcement will be used throughout the class to encourage participation and celebrate progress, with lots of cheering and high-fives!

Future Progression:

- As students master the basic tumbling skills, they will be prepared to move on to more advanced tumbling or gymnastics classes as they grow older.
- Progress will be assessed by the instructor, with a focus on the child's comfort and confidence with each skill.