

# Summer Curriculum (Preschool)

July 7<sup>th</sup> - August 31<sup>st</sup>

(Weeks run Saturday to Friday)

## WEEK 1

### All Events

#### Safety & Gym Rules

The children will learn how to land properly and how to fall forward or backward properly. We will also go over the gym's safety rules!



## WEEK 3

### Vault, Bars & Trampoline

#### Upper body, Core strength & Running mechanics

We will do rock climbing, climb ladders as well as work on pullups and hand travels! Vault will include basic running mechanics for legs & arms.

## WEEK 5

### All events

Basic Event Terminology

Vault- RUN & JUMP

Bars- SWING & STRENGTH

Beam- BALANCE

Floor- POWER & GRACE

Trampoline- BOUNCE, CORE STRENGTH, 3 BASIC ARM POSITIONS



## WEEK 2

### Beam, Floor & Trampoline

#### Basics for Flipping

The children will work on forward rolls, dive rolls and backward rolls!



## WEEK 4

### Mountain, Cars & Trampoline

Wear your bathing suits and be ready to have fun!!



## WEEK 6

### Trampoline, DMT, Air Mat & Tumble Track

The children will learn the differences in the bounce on a variety of equipment

## WEEK 7

Girls Events: Vault, Bars, Beam, Floor

Boys Events: Vault, Parallel Bars, Rings, Pommel Horse, High bar, Floor

This week, female students will try the male events, and vice versa!



**\*\*WEEK 8 FUN & STAR WEEK!\*\***

