

Session 2 Curriculum

October 19th - November 29th

(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

Rock-N-Roll Week

Floor, Vault, Beam

Handspring trainers, rocks, rolls & Superman Rocks!

WEEK 5

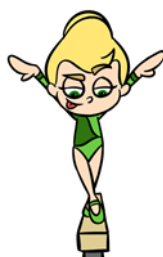
All Events

Olympic Events:

Women's – Vault, Bars, Beam, Floor

Men's – P. Bars, Vault, Rings, Floor

The children will work skills from their chart



WEEK 2

Halloween Week!!



WEEK 4

Bars, Floor, & Trampoline

Circle Week

The children will work on circling elements on bars (back hip circles, seat circles, & pullovers) rolls & full turns on floor.

WEEK 6

Fun Week/Star Week

Cars, Mountain & Fun Time!!