

Why do we do what we do in a preschool age class.

# Behind the



They just go out there and play right? Absolutely not. Everything in the lesson plan is for a purpose. The lesson plans are planned out for an entire year and are skill based according to recommended skills by USA Gymnastics. The more difficult skills are broken down into parts to make it easier for a preschooler to learn.

Each lesson plan starts with a **warm up** to get the blood moving and the heart pumping so the body is ready for movement. Then we **review skills** we have been learning and teach one **new skill** all while getting the kids re-acquainted with the teacher (since we only get to see them once a week).

Then we move on to a **circuit**. There is typically one teacher station for hands on instruction. The other stations in the circuit are movement stations so they don't have to wait in line. These stations typically consist of one challenge station (to keep them motivated to work hard), one simple station (to feel accomplished and proud of themselves) and the rest cardio or basic skill improvement stations.

The **trampoline** is good fun between the circuits. It builds body control and air awareness as well as teaches them how to take turns.

We do another **circuit** like the first but work on different apparatuses and skills. And often repeat the skill of the week.

To close every child gets a **stamp**. This helps them signify the end of the lesson. Thank you for allowing us to train your child's mind and body!