

## Gymnastics Class Plan (12 Sessions)

### 1-Hour Structure per Session:

- **Warm-up & Game** – 5~10 min
- **Reflection/ Skill Practice & Exploration** – 20 min
- **Mini Circuits / Creative Challenge / Games** – 10~15 min
- **Cool Down & Reflection** – 5~10 min
- **Ready to go** – 10~15 min

Focus: Fundamental motor skills, fun, and confidence.

Why: At this age, children are still developing coordination and strength. Activities must be playful, simple, and safe to build enjoyment and body awareness.

Examples per session:

1. Basic shapes (straight-stand/laydown, star, hollow, front support). Zombie game (for body tension)
2. Basic shapes (tuck, straddle, lunge, arch, tree). Tree game (building strength and stamina, also help improve balance)
3. Basic shapes (back support, butterfly, split, pike). Tunnel game (building strength and stamina)
4. Hold basic shapes. Red Light, Green Light game (shape reinforcement, body control & awareness, listening & reaction Skills, safe movement & coordination)
5. Make-up sequences with simple shapes
6. Landing, and transitions & formations
7. Rolls, balance walks on line (flamingo)
8. Explore stations with heavy supervision (shape reinforcement and creativity).
9. Make up sequences with more shapes moves
10. Advanced make-up gymnastics sequences: Shape Flow Challenge
11. Rehearsal and practice
12. Final performance: Show time!!!!

### Why these moves/structure?

- **Basic shapes:** they emphasize starting with simple shapes and safe rolling, progressing through balancing, travelling, building routines to support creativity and confidence
- **Pedagogical best-practice:** warm-up, skill instruction, variety via games, stations or partner work, then cool-down and reflection ensures safety, engagement, mastery, and social learning.
- **Progressive challenge:** develops strength, control, coordination.
- **Encourage Expression and Creativity:** making up sequences and performing helps children develop confidence, self-expression, and teamwork. This builds not only physical but also social-emotional skills like communication and leadership

- **Develop Long-Term Physical Literacy:** students learn how to move well, understand their bodies, and gain confidence in their physical abilities. This helps prevent injuries and supports lifelong health and movement habits.
- **Lay a Foundation for Competitive or Advanced Gymnastics:** Learning to transition between skills, work in formations, and perform under light pressure mirrors elements of real competitions. Helps prepare interested students for **future**.