

TUMBLING TOTS

PRE SCHOOL GYMNASTICS



WHAT IS TUMBLING TOTS??

The aim of Tumbling Tots is to provide fun, interactive sessions covering the fundamental movement patterns of gymnastics. This will be achieved by providing a balance between structured and free play activities with the emphasis on a different fundamental movement pattern each fortnight.

Skill development will focus on teaching the child through the parent. The Tutor will therefore ensure that skills are well demonstrated and that parents clearly understand how to assist their child to learn.

Each class will be structured to include warm-up activities, group activities relevant to the session focus, skill circuit and warm down activities.

Circuit activities will emphasize different fundamental movement patterns each session, which will be linked through the warm up and group activities. Parents will work with children more closely in this section of the class, freeing up the Tutor to provide closer one to one assistance and extending children.

TUMBLING TOTS REGISTRATION FORM

Child's Name: _____ D.O.B: _____

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Child's Name: _____ D.O.B: _____

Child's Address: _____

Medical Information

Any Medical Conditions/Allergies we should know about: _____

Next of Kin Details

Name: _____ Relationship to child: _____

Parents Phone: Home: _____ Work: _____

Cell: _____ Email: _____

Sessions Attending - Please Circle:

	<u>Under 3's</u>	<u>Over 3's</u>
Term 1 - 16th Feb - 6th April	9.15 - 9.45am/10am - 10.30am	Term 1 - 1pm - 2pm
Term 2 - 18th May - 6th July	9.15 - 9.45am/10am - 10.30am	Term 2 - 1pm - 2pm
Term 3 - 10th August - 28th Sept	9.15 - 9.45am/10am - 10.30am	Term 3 - 1pm - 2pm
Term 4 - 26th Oct - 14th Dec	9.15 - 9.45am/10am - 10.30am	Term 4 - 1pm - 2pm

Photo's are often taken for display and promotion. If you do not wish your child's photo to be displayed please tick the box.

Tumbling Tots Programme Parent Agreement

In giving consent for my child/ren to participate in the Tumbling Tots programme, I agree to the following conditions:

- I have read and understand the "Information for Parents".
- I understand that there are risks associated with my child/ren attending the programme. To help minimise these risks, the programme has safety procedures, as well as rules and boundaries for all children, that must be complied with.
- The supervisor has my permission, if necessary, to arrange urgent medical treatment at my cost and to move my child/ren in an emergency to a safer location.
- If you have any questions about the programme or wish to see the programme policies prior to signing, please ask Tessa (Recreation Programmer).

Please note: There are no refunds, replacement child is welcome.

After two sessions you must sign up and pay in advance for the rest of the term unless otherwise arranged with Tessa for special circumstances.

Payment must be made on first day of attendance

Parent/Guardian Signature _____ Date: _____

Please make cheques out to Hastings District Council and post to: Hastings Sports Centre, Private Bag 9002, Hastings

TUMBLING TOTS

PRE SCHOOL GYMNASTICS Session Plans

Tumbling Tots is a fun interactive programme for parent and child to work one to one, covering the fundamental movement patterns of gymnastics. This is achieved by providing a balance between structured and free play activities with the emphasis on a different fundamental movement pattern each fortnight.

Please ensure your child does not play on the equipment before and after the class due to safety reasons.

LESSON 1 & 2 – Balance (Static), Movement (Walking, Bending up & Down, Backwards & Forwards).

LESSON 3 & 4 – Running – Directions, Jumping, Landings.

LESSON 5 & 6 – Dynamic Balance

LESSON 7 & 8 – Spinning & Rotation

LESSON 9 & 10 – Swinging, Climbing - Upper body Development

LESSON 11, 12, 13 – Manipulative Play, Visual Tracking

LESSON 14 & 15 – Rhythm, Imaginative Play

If you have any questions regarding any of these sessions please don't hesitate to ask the Recreation Programmer or class tutor.

