

GYMNASTICS CALENDAR OF ACTIVITIES

MARCH/APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
	Place a dish towel on the floor and jump forward, backward, sideways over - try hopping on 1 foot over	On hands and knees or plank position toss small objects into a basket	Lay on back and sit up to tuck position (hugging knees) as many times as your age	Make a line on the floor and try jumping back and forth over it	Draw a circle out of chalk/use a hula hoop; Put hands in the middle of circle and jump around the circle (older children can be on toes as they jump around the circle)	It's a great time to do some fingerplays. This helps with manual dexterity. Fingerplays are poems/songs that utilize the hands, such as Itsy, Bitsy Spider, Wheels on the Bus and 5 Little Ducks
29-Mar	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr
	With parents permission - place hands on floor and walk feet up wall, or do some donkey kicks	Practice jump freeze - do as many as you are old	Do log rolls - crayon rolls - across the floor (lay flat on back, legs straight; arms above your head and roll)	Stand on one foot (flamingo hold) see how long you can balance (for older child, see if you can rise to tip toe)	Practice Straight and Bend it	