



VAULT

Hurdling, bouncing, hopping & jumping are always a part of our learning stations, along with safety landings. Some of the activities you may see students working on this month include:

- Bunny Bounces, where we will be working towards continuous bouncing on the springboard, pushing through our toes with straight legs.
- Trampoline jumps; straight, tucks and straddle.
- Jumps and/or hops that have students crossing the midline, (aka - side to side, while moving forward or backward), which strengthens the neural connection between the left and right hemispheres of the brain.
- Hopscotch, both forwards and backwards, which challenges students to use their core muscles and focus on balance while simultaneously hopping.
- Butterfly Twists, where we are trying to rotate in midair while jumping.
- Various hurdling drills, which require students to move from one foot to a two-foot punch, or smash, on a springboard. Some drills will be stationary, with students launching themselves from a standing position, while others will be from a run. Adding in an upward arm swing will also be one of the goals this month.

BARS

Increasing upper body strength through various support holds, casting and vestibular activities, like going upside down on the bars, will be a part of our April learning stations. Some of the activities you may see students working on this month include:

- Support holds, possum hang and holding table tops or a push-up position on the mini-parallel bars will help Tumble Tykes and Tumble Kids build arm and shoulder strength.
- Spring Fling will have our students grasping a bit of sunshine between their toes while swing back and forth on the bar, keeping their feet off the ground. For those that can successfully navigate that skill, dropping their “sunshine” in a hula hoop on the forward swing will be an added challenge.
- Climbing Vines will have students walking their feet up a wedge mat until they are upside down (a vestibular activity). Tumble Kids will have the added challenge of lifting one foot off the mat, which is a precursor to a pullover. We will also be upside down this month on the rings, holding a candlestick position.
- Tumble Tykes and Tumble Kids will also be working on front supports and casting, while Tumble Kids who are ready, will add in a forward roll dismount. The focus here continues to be control in the roll and landing.



The vestibular system is an important part of your child's body. It's a system of tiny organs in your child's inner ear that provide their brain with information about where they are in space (spatial awareness) – moving forwards, backwards, sideways, up or down. Understanding where we are in space allows us to keep our balance and move smoothly. The vestibular system also plays a role in alertness and our ability to pay attention and focus.

Activities which promote vestibular input that you can do at home with your child include:

- Rolling down a hill in the grass
- Spinning on an office chair
- Hanging upside down on the playground
- Rocking in a rocking chair
- Swinging in a hammock
- Sliding on a slip in slide in the summer

BEAM

We'll be having a bit of fun this month on the beams, doing a variety of spring themed balancing stations. Some of the activities you may see this month include:

- Lots of walking on the beams, inclined, declined and elevated, with students walking, forward, backwards and sideways, on flat feet (Tumble Tykes) and on tippy toes (Tumble Kids). The challenge here is to maintain body control and focus, while working with lots of fun spring props, like umbrellas and flowers.
- We're bringing out a Bosu Ball this month to challenge our students to stay balanced on its spongy surface while collecting eggs from the hen's nest. This will require a steady hand and a tight core.
- We'll be working on mounting and dismounting, learning the correct way to get up and down on an elevated balance beam.
- Egg Toss will have our students working together, challenging them to not just stay on the beam, but to try to catch an egg (bean bag), which is gently tossed to them by their partner.
- Ladybug Launch will have us getting out the rocket launcher, along with our ladybug bean bags, to work on our hand-eye coordination as we stomp the Ladybugs into the sky and try to catch them.

Balance is the ability to adjust and control our body movement to maintain the center of gravity.

Static Balance is the ability to maintain an upright position when the base of support & the ground remains motionless.

Dynamic Balance is the ability to maintain balance when the base of support and/or the ground moves & the center of mass shifts

At Home Balancing Activities

- Walking on the edge of a planter or curb
- Learning to Ride a Bike or a Scooter
- Hopscotch
- Walking on a log
- Freeze Dance or Freeze Tag
- Play Red Light, Green Light
- Play Twister
- Egg & Spoon Race



FLOOR

Rolls, cartwheels & handstands and the very, very beginnings of a back handspring, will be part of our learning this month. Some of the activities you may see students working on include:

- Forward rolls down a wedge mat or on the floor, working to standing up at the end without using hands or knees, which requires engaging core muscles.
- Backwards rolls down a wedge mat, which requires speed and pushing through their hands as their feet come over their heads to connect with the floor.
- Log rolls, which are the very beginning of a twisting skill, requires students to remain "tight", squeezing their arms, legs and core as they rotate downwards on an inclined surface.
- Handstands, which is one of the most foundational gymnastic skills will be practiced in a variety of ways including wall handstands, walking handstands and open stands.
- Cartwheels, like a handstand, requires a student to support their entire body weight on their hands, but now while moving sideways in a line. We develop the cartwheel in stages moving from side to side hops, to flanking over a stationary elevated object and then eventually to baby cartwheel on the ground.
- Rainbow Bridges, where we will be using our rainbow mat to have students lie backwards and upside down, pushing on their hands and using their arms and shoulders to support the weight of their body. For students who are ready, we will work on bringing our feet over our heads to "snap down" and then stand up.

