

GYMBO- TOTS (2 – 3yrs) TERM 2 LESSONS

LESSON 1 & 2 : Gymnic Ball – Core Muscle Strength Class & 2 hand overhead throwing



LESSON 3 & 4: Balance Beam – Balance and climbing class; balance and ball kick

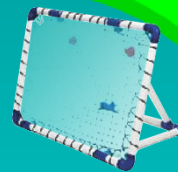
LESSON 5 & 6: P- Bar: Upper-body strength and ball catching skills



LESSON 7 & 8 Rolly Polly!! Forward roll class & Underhand throwing

LESSON 9 & 10: Trampoline class – Jumping Jacks & 2 leg jumping ; Ball trap & Kick





GYMBO- JUNIORS (3 – 6 YRS TERM 2 LESSONS)

LESSON 1 Gymnic ball – Core Muscle strength class

LESSON 2 EASTER BUNNY VISIT- Term 1 certificates hand out



LESSON 3 Balance Beam: directionality -
(forward; backward; slide-ways)

LESSON 4 Parallel Bar: upper- body & core class: tuck support;
L-support; swing & Hand stand



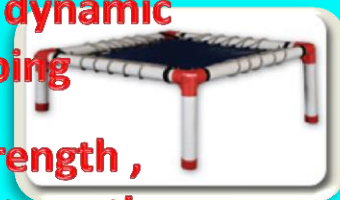
LESSON 5 Floor Routine: Candle-stick; Hand Stand; Cartwheel

LESSON 6 Trampoline & hula hoop class: stretch jump;
tuck jump; 2 leg hopping; skipping



LESSON 7 Assessment class 1: Ball skills: ball catch;
ball kick in motion; ball trap ,bounce & catch

LESSON 8 Assessment class 2: Static balance, dynamic
balance ; 1 leg hopping ; 2 leg hopping

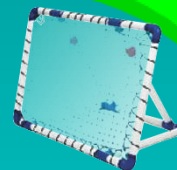


LESSON 9 Assessment class 3: Upper body Strength ,
lower body strength , core muscle strength ,
flexibility

LESSON 10 Assessment class 4: gross motor co-ordination ;
fine-motor co-ordination; mid-line crossing ; sport
stacking sequencing (3-3-3)

LESSON 11 HULA HOOP CLASS





GYMBO- GIANTS (7-8YRS) TERM 2 LESSONS

LESSON 1 Gymnic ball – Core Muscle strength class

LESSON 2 SPORT STACKING WORKSHOP



LESSON 3 Balance Beam: directionality -
(forward; backward; side-ways)

LESSON 4 Parallel Bar: upper- body & core class: tuck support;
L-support; swing & Hand stand



LESSON 5 Floor Routine: Candle-stick; Hand Stand; Cartwheel

LESSON 6 Trampoline & hula hoop class: stretch jump;
tuck jump; 2 leg hopping; skipping



LESSON 7 Assessment class 1: Ball skills: ball catch;
ball kick in motion; ball trap ,bounce & catch

LESSON 8 Assessment class 2: Static balance, dynamic
balance ; 1 leg hopping ; 2 leg hopping



LESSON 9 Assessment class 3: Upper body Strength ,
lower body strength , core muscle strength ,
flexibility

LESSON 10 Assessment class 4: gross motor co-ordination ;
fine-motor co-ordination; mid-line crossing ; sport
stacking sequencing (3-6-3)

LESSON 11 SKIPPING CLASS

