



TUMBLE TYKES PROGRAM

PRE-SCHOOL GYMNASTICS

CHARACTER COUNTS!SM at Twisters!

October: *Rolling for Respect*



Week 7: Hopping for Health Week October 4th-9th, 2010



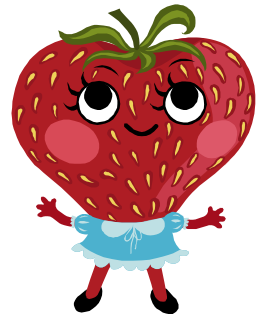
Introduction: Childhood obesity has become a real problem in the United States. It is imperative that children learn that health doesn't just come from exercise alone. Students must learn that in order to excel at gymnastics or any sport, diet, nutrition and ample rest are extremely important. What children put into their bodies has a direct impact on their performance whether they are a competitive or recreational gymnast.

Warm-up/Circle Time: While warming up, talk to the students about the importance of healthy eating in order to grow up with strong bones and muscles. Ask them what kind of food they should eat every day. (Example: fruits, vegetables and whole grains). This will be the "Always Food". Then ask them if they know which food they should eat only sometimes (Example: pizza, candy, ice cream etc). This will be the "Sometimes Food". Taped on the wall or on the upright mats we will have the food pyramid so students can visually learn about the foods they should be eating. The children share what their favorite fruits and vegetables are while the teacher explains why these foods are good for the body. Use hula hoops for warm up. Have the kids hop into, out of and around the hula hoops.

Obstacle Course: Jump into the "soup bowl" (circular donut). Hop on the balance beam (over the toy fruits and vegetables). Throw the toy vegetables into a bucket to make "vegetable soup". On the bars have the students swing and drop bananas into a bucket. Roll down the cheese.

Equipment Rotation: Floor: Monkey jumps, donkey kicks, hopping forward, sideways, backwards, on one leg. **Beam:** Jumping over objects. **Bars:** Swing on bars and kick fruit (balloons hanging from high bar) **Vault:** Jump the river. Run take off of one foot jump over the "river" (mat) and land on two feet.

Game/Closing Activity: Handstand and headstand competition against the wall.



Grains, Fruit, Vegetables, Meat, & Dairy

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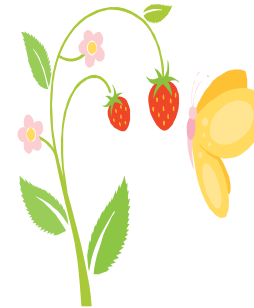
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**I NEED TO EAT HEALTHY
AND GET ONE HOUR OF
ACTIVITY EVERYDAY TO
KEEP MY BODY STRONG!**

Today I practiced:
hopping,
leaping and
jumping.

I learned
about healthy
foods today!



Check out our up-coming events on the back of this page!



Being a considerate person means to treat the others the way you want them to treat you!



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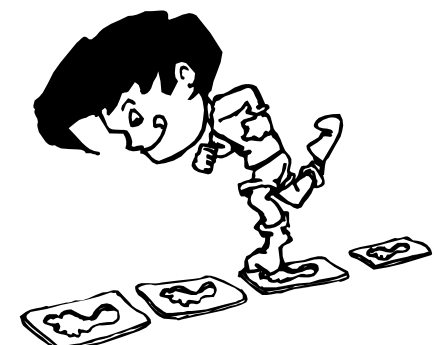
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Upcoming Events at Twisters !



October 15th: Camp Day at Boca Twisters!

School is out in Palm Beach County. Use your camp credits for a fun-filled day of camp for your child! Gymnastics, games, arts & crafts, bounce houses and More!

Offered from 8:30-12:30 or 8:30-3:00



October 24th: Fright Invite—Halloween Recreational Competition!

Twisters is hosting the Fright Invite at the Coral Springs City Gymnasium in Coral Springs. Girls in the class program who are ages 5 and up at Boca Twisters and American Twisters are invited to participate in the recreational competition on Sunday, October 24th. Girls will show routines that they have been working on in class at each of the four events. In this fun, low-pressure competition all girls will trick or treat from event to event, perform a routine with the assistance of an instructor and be given a score by one of our judges. At the conclusion of the competition each girl will be recognized with a certificate and a medal for her participation. \$25 entry fee (includes one free adult admission). Additional adult admission \$10 (child and grandparent spectators are free).



October 29th: Camp Day at American Twisters!

School is out in Broward County. Use your camp credits for a fun-filled day of camp for your child! Gymnastics, games, arts & crafts, bounce houses and More!

Offered from 8:30-12:30 or 8:30-3:00



October 29th: Freaky Friday Halloween Party!

Its Twister's annual Halloween Party and Haunted House! This fun filled night includes costume contests, prizes, goodie bags, games, trampoline and bounce house fun at both locations! We even have a haunted house with a not so scary

lights on tour for our little preschool monsters and a scarier

version for the grade school children!

Preschool Session: 5:30-7:30 PM (5 and under)

Grade School Session: 8:00-10:00 PM (5 and up)

Special member pricing for this event!

Call or stop by our office for more details!



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October 29th: Camp Day at American Twisters!

School is out in Broward County. Use your camp credits for a fun-filled day of camp for your child! Gymnastics, games, arts & crafts, bounce houses and More!

Offered from 8:30-12:30 or 8:30-3:00



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