

Tiny Tots Tumbling Bus Monthly Curriculum:

Super Skill: Coordination

*Each child will engage in activities to help promote coordination. Children will learn how to follow multi-step instructions, and complete activities with 2 or more parts.

*Children will also be given the opportunity to utilize all Tumble Bus equipment as part of developing their skills and coordination.

Super Skill Activities: Ring Toss, Dancing, Trampoline Fun

Theme of the Month: Pirates and Princesses!

*Children will continue to engage in activities that will enhance their knowledge and awareness of the muscles in their bodies (name, location, and primary usage), with a concentration on the abdominals, biceps, triceps, hamstrings, and quadriceps.

*Children will engage in activities that will encourage them to develop their “Princess/Pirate powers” (with a focus on coordination) to complete assigned, Tumble Bus activities.

Pirates and Princesses Activities:

*Children will engage in child-appropriate stretching and exercises such as push-ups, sit-ups with a partner, and jumping jacks.

*We will also continue participating in Baby Yoga as part of our Tumble Bus warm-up time.

* Walk the Plank (balance beam), Princess Walk, Crow’s Nest Climb, Pirates and Princesses Parade

****All Classes and activities will accommodate each child's age, class size, and individual skill level. At no time will any child aboard the Tiny Tots Tumbling Bus be coerced or forced to participate above his or her comfort and skill level, nor will any child be excluded. Children will never be penalized for failure to participate. ALL CHILDREN are encouraged to try their best and to HAVE FUN!****