



Winter 2019



# TIPPY TOES

The official preschool newsletter from Gymnastics Ontario,  
in partnership with Happy Gymnastics



*Hi! Sarah from Happy  
Gymnastics here for more  
kindergym fun in 2019!*



In partnership with Gymnastics Ontario, Happy Gymnastics is pumped to bring you sweet preschool info every season! Watch for:

- Funky, fresh preschool ideas
- A Happy Gymnastics lesson plan
- Other magical tips to make being a preschool director/gym owner a little easier

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# FUNKY, FRESH IDEAS



## Sock Match Warm Up

Warm ups can be challenging to keep interesting every week. This game lets kids run, and match objects!

*What You'll Need:* 

One pair of socks for each gymnast in your class. Try to grab socks with bold patterns, so they're easier for kids to match. I went to the dollar store and picked up a bunch of socks, so it was pretty inexpensive. You can re-use the socks for Silly Socks week to help teach cartwheels if ya like!

*How to Play:* 

Put all of the socks in a bag, and have each gymnast choose one sock out of the bag. Once everyone has a sock (make sure no one has a matching pair already!), spread the matching socks out on the floor. When you say "GO!", gymnasts run around, find their match and run back to their circle.



If you are teaching younger gymnasts, like two or three year olds, keep the socks closer to their circles. Two's will need help from their caregiver to find their match. For older kids, use the whole floor if it's available! You could even turn this into a treasure hunt style game and hide the matching socks throughout the gym before your gymnasts arrive.

# CLASS MANAGEMENT

## Meet Me On Your Circle!



Last newsletter, we talked about asking the "magic question", which is all about giving the gymnasts power over when to transition by asking "do you want to switch now or in five minutes?"

Now that you've given your gymnasts the choice to leave now or later, you've got to tackle the challenge of getting them to actually stop and line up! Even with a solid warning about an upcoming transition, it can still be challenging for some gymnasts to pull themselves away from their work to try something else.

Enter: The Circle Song.

The circle song is a quick song I made up a few years ago after running out of ways to get gymnasts to stop and line up quickly. It goes like this:



**(Tune of "The More We Get Together")**

**Meet me on your circle,  
Your circle,  
Your circle.**

**Meet me on your circle, so we can (fill in the black with whatever you're doing next).**

The circle song is a super simple way for gymnasts to recognize that you are asking them to stop their work, come to their poly circle and line up. It gives them a little more time to gradually stop their work and make their way over. Also, the sing songy nature of it makes it sound more appealing than trying to yell above the general noise of the busy gym.

If you try the circle song, make sure to explain to your gymnasts that you expect them to be on their circle by the time the song has ended and really praise kids who make it on time for the first few times. Your gymnasts will totally love the song and probably sing along after a few weeks!

# PROP-A-PALOOZA

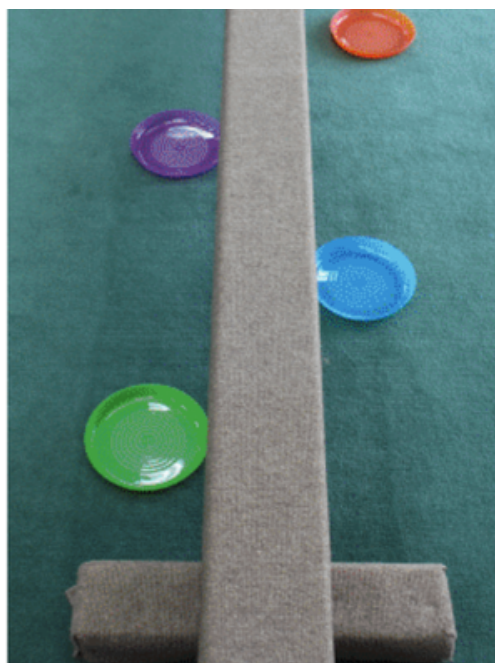
## *Ikea 'Rainbow' Plates*

Colorful Ikea plates are some of the most versatile preschool props ever that, at \$1.99 for 6 plates (you read that right), won't break the bank.



Beanbag switch. Gymnasts squat, pick up the bean bag and place it into the other plate. This station is great for a height change on beam and crossing the midline of the body.

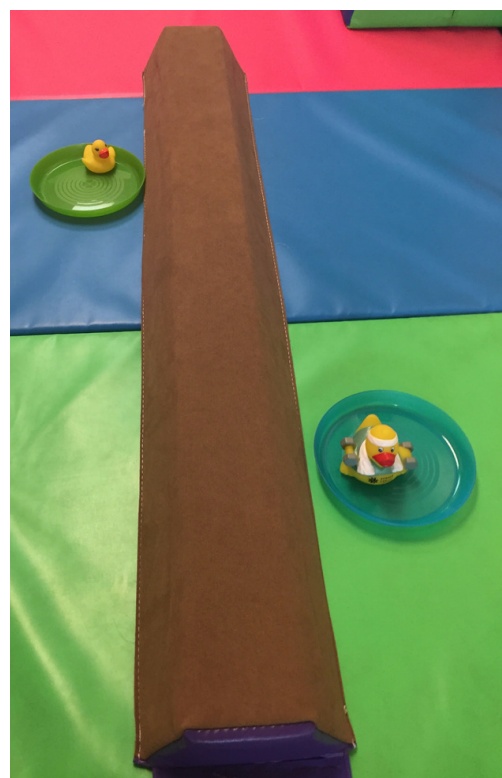
**These babies can be used for anything from simply holding things still, to being turned over to be used as a drum or dipping ice cream toes into.**  
**Find them here.**



Ice cream dip steps. Gymnasts dip their 'ice cream toes' (pointed toes) into different 'toppings' on each plate.



Gymnasts drive their car down the beam using their steering wheel plate



Plates holding ducks so gymnasts could squeeze them for a grip strength station.

Click the image to check out these blog posts!

# BLOG ROUND UP



The biggest factor to consider when you're lesson planning this winter

If you've got a snowy/winter/icy theme planned, this is the blog post for you! Chilly warm ups included!



## FREEBIE LESSON PLAN:

### Bird Week!

This new lesson plan is hot off the presses after our December launch. There are plenty of new ideas for how to make your gymnasts FLY!

