

TODDLER GYMNASTICS

Brandy Marie's Gymnastics

GET THOSE MUSCLES WARM!



Jumps

(Jump open/close) eventually leading to jumping jacks

(Straight jump) Bend legs, jump up with straight arms by ears and straight legs

(Tuck jump) Bend legs, jump up with knees bent tucked into chest and legs straight

(Run in place) Use this opportunity to get outside on a nice day! Jump over leaves, skip down the sidewalk, etc.

STRETCH



Body Shapes

Straddle/Pike/Tuck

Ears to shoulders/look up/look at belly

Lunges/T's/Levers

Leaps

Egg rolls

Table top/Bridge



Ta-Da



Pike



Lunge



Tuck



Donkey Kick



Candlestick



Push-up



Table



Arabesque



Hollow



Straddle



Headstand



Arch



Handstand



Bridge



Freeze



Slide



Flamingo



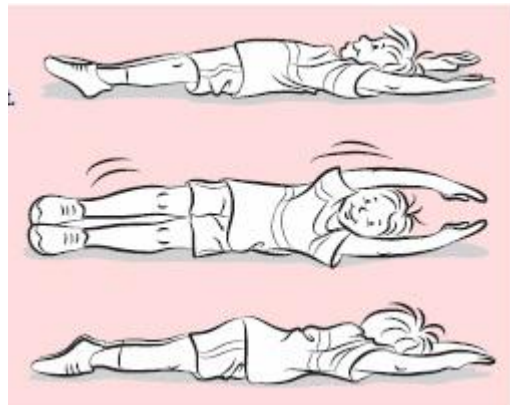
V-Sit



Rest

FLOOR

Log Rolls



Forward Roll



Handstand



Backwards Roll



Cartwheel



BEAM

Airplane Arms!



STAY TIGHT, EYES STRAIGHT AHEAD, AIR PLANE ARMS

All done walking a straight line

- Tippy Toe Walks
- Walk Backwards
- Walk while picking something up
- Ice Cream Scoops
- Kicks
- Bunny Hops
- Levers

MORE TO COME NEXT WEEK!
BE CREATIVE--USE COUCHES,
WALLS, AND PILLOWS WHILE
STAYING SAFE AND WITH AN
ADULT.