

# A Happy New Year!

## January 2019

### Tiny Tot Fitness - Gymnastics East



		<b>1</b> Turn over a new leaf...Go front support to rear support 5 times without letting your bottom touch the floor.	<b>2</b> Ask your grown up to hold your feet while you do a headstand. Can you push yourself up to a handstand?	<b>3</b> Give your favorite bear a wheelbarrow ride on your back. Ask someone to hold your legs. Can you go up the stairs too?	<b>4</b> Practice your "Goodbye, hello" jumps.	<b>5</b> Can you do umbrella rolls? Can you do 2 in a row?
<b>6</b> For the 6th day of the year do: 6 tuck jumps 6 straddle jumps 6 pike jumps	<b>7 BACK TO GYM CLASSES</b>  Make pancakes like we do at the gym.	<b>8</b> Practice your safety fall with a "football."	<b>9</b> Inch worm walk around the house.	<b>10</b> Stand on 2 paper plates and skate up and down the hallway. Now slide into splits.	<b>11</b> Do "strong bear, weak bear" 10 times. Does it make your shoulders tired?	<b>12</b> Help sort the laundry -- with your feet! Grab the clothes with your toes.
<b>13</b> Show your grown up how to rock like a rocking chair. Can you both do it?	<b>14</b> Walk like a crab forward and backwards. Now try up and down stairs.	<b>15</b> Do 10 teeter hop totters - keep arms by ears! Try teeter-touch-totter.	<b>16</b> Find a safe place to practice your cartwheel.	<b>17</b> Play gymnastics - you be the teacher. Include your cat & seal stretches.	<b>18</b> How many Superman rocks can you do before your back gets tired?	<b>19</b> Sweating cleans your pores. Run, jump, skip and hop until you are sweating!
<b>20</b> Practice your teeter totters.	<b>21</b> Put a soft toy on your tummy and walk like a crab.	<b>22</b> Balance on 1 foot as long as you can. Try it with your eyes closed.	<b>23</b> Pretend you are a log. Have your grown up stand you up by lifting your shoulders. Stay stiff, don't bend anywhere.	<b>24</b> Can you remember how to do a carrot roll? Roll from side to side holding a toy or teddy.	<b>25</b> Walk on your tip toes for 5 minutes. Can you feel your leg muscles getting stronger?	<b>26 Mozart's Birthday</b> He wrote 'Twinkle, twinkle Little Star' at 5 years old. Sing the song 5 times.
<b>27</b> Rock like a rocking horse.... Hands to feet to hands.... Then like a rocking chair.	<b>28</b> Eat an apple like we do at the gym. It will make your tummy muscles strong!	<b>29</b> Can you lift up one foot and balance? Try holding your foot back with your hand and leaning forward. Don't fall!	<b>30</b> Make pizza like we do at the gym in your straddle sit. Make a big one!	<b>31</b> Can you make a table with your arms and legs? Can you hold it up long enough for someone to crawl through?	<div>Ask your grown up to help you practice your teeter totters each day this month. Lunge, kick up so they can catch one leg.</div>	