



March 2019

Tiny Tot Fitness - Gymnastics East



SUN	MON	TUE	WED	THU	FRI	SAT
31 Can you do a bear roll and stand up at the end? What about an umbrella roll?		Celebrating St. Patrick's Day March 17th with leprechaun gold coins given out after class all week. (11th-16th) 			1 Take a trip to the zoo. Mimic as many animals as you can think of.	2 Dr. Seuss was born 1904. Hop on your 'left foot, left foot, left foot, right.....' then do a cat stretch.
3 Have a pancake or a pizza party like we do at gym - straddle sit spread lots of toppings, bend over & eat it up.	4 Practice your teeter touch totters with your grown up. Have them hold one ankle. How long can you stay up?	5 Patty cake sit ups. Tuck sit facing a friend, feet touching. Lower down then sit up & pat hands.	6 Sweating from exercise is healthy..... Run, jump, skip, hop, gallop, and slide until you sweat.	7 Fly like Superman; rock back & forth until your back gets tired.	8 Sing London Bridge and raise your legs up and down - Keep them straight!	9 Have a Spinning Day. Tuck spin - v-spin. Try it on the carpet & on the kitchen floor. How fast can you go?
10 Walk like a crab forward and backward. See if you can go around in a circle.	11 Find a safe place to practice your teeter-hop-totters, teeter-switch-totters, teeter-touch-totters.	12 Walk with a book on your head forwards, backwards, sideways. Can you squat?	13 Get a friend to wheelbarrow you across the lawn. How far can you walk on your hands?	14 Good health includes daily exercise. Put on some music & exercise - twist, hop skip, kick and dance.	15 Read-A-Body Book; rear support to read, over to front support to turn the page. How many can you turn?	16 Walk like an inch-worm up & down the hall.....first your hands move, then your feet catch up.
17  Happy St. Patrick's Day Greet someone with the Over Under Upside-down Shake.	18 If you're happy & you know it..... Do 10 tuck jumps, 10 straddle, 10 pike, then safety fall backwards.	19 First day of Spring. Roll to candlestick then spring up to flashlights 10 times.	20 Play log lifts with a grown up. Lie stiff as a board while they lift you up by the shoulders.	21 Play 'Add Ons' with your friends. Each in turn adds a gym trick but start from the beginning each time.	22 Practice your safety falls: feet-seat-peek. Run in place then fall safely forward turning on your back to roll.	23 Make a banana with your body - rock back & forth until your tummy gets tired.
24 'Crab Attack' with some friends, crabwalk as fast as you can. Watch out for traffic jams.	25 Do the disappearing leg trick! Try and balance, then do the other leg!	26 Make windshield wipers like we do in class when it's raining! Can you make them go fast?	27 Show how to do front support walks; forwards, backwards, sideways. Now try a push up.	28 Invite 2 friends to make a human bridge tunnel ...take it in turns to crawl under & bridge up again.	29 Play 'Bumping Bear Rolls' with a friend about the same size.	30 Squat - bear - noodle bear - strong bear - squat - candlestick - flashlights (12 times).