


Tiny



# October 2018

## Tot Fitness - Gymnastics East



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Flashlights! Squat! Front support! Squat! Flashlights!	<b>2</b> Walk like a giraffe, stand like a flamingo, walk like a penguin.	<b>3</b> Fall safely Backwards - Feet, seat & peek! Draw a line and fall safely forward along it!	<b>4</b> Do 10 tuck jumps without stopping. Try to touch your tummy with your legs.	<b>5</b> Do 5 Teeter Totters and 5 teeter hop totters. Finish each in a lunge.	 <b>6</b> <b>SALMON</b> <b>DAYS in</b> <b>Issaquah - come</b> <b>see us in the</b> <b>parade.</b>
<b>7</b> How far can you crab walk? Try it forwards and backwards.	<b>8</b> Can you do 3 umbrella rolls in a row? (straddle rolls)	<b>9</b> Be a strong bear ,a weak bear, a strong bear. Bear walk around the house with straight legs.	<b>10</b> Lie like a crisp carrot. Stay stiff while a grown up lifts your feet up.	<b>11</b> Show your grown up the disappearing leg trick.	<b>12</b> How many straddle jumps can you do?	<b>13</b> Can you do crab push-ups? Show your friends. Who can do the most?
<b>14</b> Play gymnastics with your friends. You be the teacher.	<b>15</b> How many bear rolls can you do before getting dizzy? How many carrot rolls?	<b>16</b> Hold your teddy bear and rock like a rocking chair.	<b>17</b> Stretch like a cat! Now stretch like a seal.	<b>18</b> Practice 'Goodbye, Hello' making a head sandwich, use your arms like bread to keep your head in.	<b>19</b> Can you do Flashlights - Candlestick - Flashlights? Try it with your arms up.	<b>20</b> Lie on your back, now push up into a bridge. Make a bridge tunnel with your friends. Have the smallest crawl through.
<b>21</b> Make a candlestick like we do at the gym. Try a 1 leg candle, now hop up to a 2 leg candle.	<b>22</b> Play "fruit roll ups". Roll yourself open then crunch up into a tuck as it's being eaten.	<b>23</b> Move like a bear, elephant, monkey, kangaroo, dancing donkey.	<b>24</b> <b>Come do a</b> <b>trick for a treat</b> <b>this week at the</b> <b>Gym!</b>	<b>25</b> Lie on your tummy & rock like superman. Lie on your back & rock like a banana.	<b>26</b> Do a jump full turn . Goodbye! Hello!	<b>27</b> Practice your safety rolls backward. Feet, seat & peek.
<b>28</b> Jump like a kangaroo, then stretch like a tiger.	<b>29</b> Look in the mirror and practice scary faces. Can you do the splits in your Halloween outfit?	<b>30</b> Trick for a Treat. Don't slip - practice your safety fall.	<b>31</b> Have fun Trick-or-treating! <b><u>ALL CLASSES ARE</u></b> <b><u>CANCELLED</u></b> <b><u>FOR HALLOWEEN!</u></b>			

