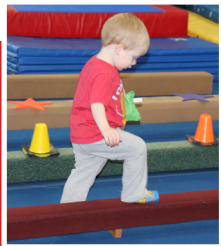




**GENEVA**  
GYMNASTICS ACADEMY



# MINI PRESCHOOL GYMNASTICS LESSON

from Coach Kim

5 of each:  
Forward roll  
Backward roll

Practice forward and backward rolls with parent.

Goal:  
Land on your feet and stand up with arms up.

Spotting tip for parents:  
Grab your students' by the hips. When students are rolling, grab their hips and lift up to take the pressure off their neck. Always make sure your students are looking at their belly button.

10 Donkey Kicks  
2 sets

Put hands on something that's a little higher. (a step or coach cushions)

Put your feet in the air.

Grab your student by hips. Keep their legs together. Legs should be straight in the air.

5 frog jumps

Squat down on the ground, put hands on the ground, jump into the air.

When jumping, keep arms up, and land in squat shape. (like a frog)

Make a frog noise and jump with your student. Place a placemat around the floor (as lily pad) and jump from pad to pad.

Make beam  
What you'll need.:  
-Something to build a tower. Blocks, pillows, cones..  
Tape or something that resembles a beam

Walk across beam and knock down the tower!

Stay on the beam. Arms on hips first and try with arms over your head.

Make a little beam out of tape or something similar to a beam. Make a tower out of blocks, pillows or cone. Cheer when the student knocks down the tower!

**Remember to say active and have fun!**  
**We can't wait to see you in the Junior Gym again soon!**