

Kidnastics Syllabus

Fall Session 1 and 2, 2018

Instructor Information

Instructor

Michael Gray

Email

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Class Location

BHSJ Whirlpool Gym

General Information

Description

We offer a fun and safe environment for children to learn gymnastics skills, as well as develop coordination, strength, flexibility, spatial awareness and confidence. Star chart to track their progress. Classes are small and coached by a team of enthusiastic instructors with years of experience in coaching or performing gymnastics. Ages: 4-5 years

Expectations and Goals: Pass/Fail

A Star Chart will be kept for each student to chart their progress. Students will be evaluated by instructors throughout the course of the semester in order to offer a comprehensive grade.

Course Materials

Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

- Athletic Wear that affords students the ability to move freely and have full range of motion

Optional Materials (provided by student/family)

Course Schedule

Week	Topic
1	Introduction/class expectations, safety policies and procedures, introduction to equipment
2-13	Weekly topics vary depending on individual progress and skill development.

End of Semester: Finished Work

- Evidence of Learning **class/parent/public performance**
 - Students' performance will be evaluated throughout the course of the semester to demonstrate their understanding and mastery of different skills and abilities.