

Preschooler Tumbling Program

Aim: Introduce tumbling skills in a safe and supported environment. Through our preschool class we develop their gross motor abilities, social skills, improve memory skills and use muscle memory techniques, introduce dance technique and culture through fun and engaging teaching methods aimed for children aged 4-6 year olds.

Class Structure: The preschool tumbling program is a 30 minute class that develops muscle growth and length for young dancers.

Ratio: following NSW early childhood guidelines, CDT follow the 1:10 ratio for our preschooler class. To ensure the preschool class at Complete Dance Training exceeds in customer service and may run at the best it can, we will predominately have two teachers on class, or one senior teacher with an assistant, plus a student from our volunteer program. If we feel we require further staff (due to increase of numbers or to benefit current class members) we will increase staff in class.

The Class Member: Every child's ideas and emotions are to be respected and encouraged. This program gives space for creative input, where the teacher is able to produce games/ activities/ steps from the child's interest to keep them eager to participate in the lesson. The student should also feel as their input is respected, not rejected.



Strengthening Activities

– Animal Game. Combining role play with core and arm strength where students act out **bears, snakes, crabs, bunny rabbits, creepy crawly spiders** running up their legs. To combine cardio fitness they may act the animal up the mat then run back, when it comes to bunny rabbits/one a time activities reinforce fitness by ensuring other class member are clear from movements (e.g. backs against the wall until it is their turn).

Stretches

As an extension from stretches done in jazz, work on legs in second and trying to get them against the wall. Ponche's and splits and leg mounts.

Acro Exercises

- back arch, trying to hold for their age. Break down getting up first, stretch up to sky, flip hands over to floor, stretch belly up to sky and try to stretch arms. When coming down, tuck chin to chest and come down slowly. Assist first then students will build strength to do them independently.

- walk the line – developing balance, co-ordination, in a game on demi pointe (don't fall in the water!) on the beam. Also practicing balancing pirouette position on beam (with assistance).

- using I-flip for half handstand practice, asking them to hold for what age they are. (Can forward roll off the i-flip.

- jumping off bosu ball - first just an assisted jump, then tuck jump, then stretched legs, then jump split.

Circuits

One at time, going up the mat, then back down the side jump over blocks

- forwards rolls
- hand stand
- cartwheel (using cartwheel mats)
- chin balance.

These are basic tumbling skills to guide the teacher by.

Classes should be adapted to students' ability levels and progress.

Music playlist should reflect stimulating movement perhaps relating to activity with energetic theme behind it.