

A Happy New Year!

January 2017

Tiny Tot Fitness - Gymnastics East



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
1 Turn over a new leaf... Go front support to rear support 5 times without letting your bottom touch the floor.	2 Make pizza like we do at the gym in your straddle sit. Make a big one!	3 BACK TO GYM AND SCHOOL Make pancakes like we do at the gym.	4 Ask your grown up to hold your feet while you do a headstand. Can you push yourself up to a handstand?	5 Give your favorite bear a wheelbarrow ride on your back. Ask someone to hold your legs. Can you go up the stairs too?	6 For the 6th day of the year do: 6 tuck jumps 6 straddle jumps 6 pike jumps	7 Can you do umbrella rolls? Can you do 2 in a row?	
8 Practice your "goodbye, hello" jumps.	9 Can you make a bridge? Can you hold it up long enough for someone to crawl through?	10 Practice your safety fall with a "football".	11 Inch worm walk your way around the house.	12 Stand on 2 paper plates and skate up and down the hallway. Now slide into splits.	13 Do "strong bear, weak bear" 10 times. Does it make your shoulders tired?	14 Help sort the laundry -- with your feet! Grab the clothes with your toes.	
15 Show your grown up how to rock like a rocking chair. Can you both do it?	16 Walk like a crab forward and backwards. Now try up and down stairs.	17 Do 10 teeter hop totters - keep arms by ears! Try teeter-touch-totter.	18 Find a safe place to practice your cartwheel.	19 Play gymnastics - you be the teacher. Include your cat & seal stretches.	20 How many Superman rocks can you do before your back gets tired?	21 Sweating cleans your pores. Run, jump, skip and hop until you are sweating!	
22 Practice your teeter totters.	23 Put a soft toy on your tummy and walk like a crab.	24 Balance on 1 foot as long as you can. Try it with your eyes closed.	25 Pretend you are a log. Have your grown up stand you up by lifting your shoulders. Stay stiff, don't bend anywhere.	26 Can you remember how to do a carrot roll? Roll from side to side holding a toy or teddy.	27 Mozart's Birthday He wrote 'Twinkle, Twinkle Little Star' at 5 years old. Sing the song 5 times.	28 Walk on your tip toes for 5 minutes. Can you feel your leg muscles getting stronger?	
29 Rock like a rocking horse.... Hands to feet to hands.... Then like a rocking chair.	30 Eat an apple like we do at the gym. It will make your tummy muscles strong!	31 Can you lift up one foot and balance? Try holding your foot back with your hand and leaning forward. Don't fall!	<div style="border: 1px solid black; padding: 10px; background-color: #e0e0e0;"> Ask your grown up to help you practice your teeter totters each day this month. Lunge, kick up so they can catch one leg. </div>				