Love Bugs Curriculum

Beginner Class

Ages 3yrs – 5yrs

Student must master each element of the curriculum to move to the next level

Cognitive

* Staying with the Group
* Following Teacher’s Instruction
* Color Recognition
* Number Recognition (1-10)
* Position: Tuck, Pike, Straddle, Table Top
* Move Through Obstacle Course
* Some Equipment Recognition

Locomotor

* Running
* Skipping
* Bear Crawls
* Open Close
* Frog Jumps
* Bunny Hops
* Hopping
* Galloping on at Least One Side
* Hopping/Jumping: Forward & Backward

Gymnastics

* Floor
	+ Forward (on wedge mat w/spot)
	+ Donkey Kicks
	+ Tuck Jump (floor)
* Beam (low)
	+ Forward, Sideways, & Flamingo Walks
* Bars
	+ Swing in Tuck Position (trapeze)
	+ Bear Walks (P-bars)
* Trampoline/Tumble Track
	+ Tuck, Open Close, & ½ Turn

Love Bugs Curriculum

Advanced Class

Ages 3yrs – 5yrs

Student must master each element of the curriculum to move to the next level

Cognitive

* Color Recognition
* Number Recognition (1-15)
* Position: Tuck, Pike, Straddle, Table Top, Candlestick, Bridge, and Lunge
* Independently Move Through an Obstacle Course
* Equipment Recognition: Vault, Bars, Beam, Floor

Locomotor

* Chasse’ Left & Right
* Skipping
* Bear Crawls
* Crab Walks
* Open Close
* Frog Jumps
* Bunny Hops
* Hopping on One Foot (Each Foot)
* Galloping on Both Sides
* Hopping/Jumping: Forward & Backward, Left & Right

Gymnastics

* Floor
	+ Forward Roll (on Wedge no spot)
	+ Forward Roll (on Floor)
	+ Backward Roll (on wedge mat w/spot)
	+ Donkey Kicks
	+ Cartwheel (w/spot)
	+ Shoelace Handstand (block)
	+ Tuck & Straddle Jumps (floor)
* Beam (low)
	+ Forward, Backwards, Sideways, & Flamingo Walks
	+ Jump to Stick (low beam)
	+ Arabesque (hold 3 sec)
	+ Jump to stick: Straight, Tuck, & Straddle
* Bars
	+ Swing in Tuck Position (trapeze)
	+ Bat Hang
	+ Tuck Hold (5 sec)
	+ Kickover (spot)
	+ Money Walks Left & Right
	+ Bear Walks (P-bars)
	+ Skin the Cat
	+ Climb Side to Side (stall bars)
* Vault
	+ Jump from Block, Punch, Stick
	+ Run, Hurdle, Punch, Stick
	+ Forward Roll from Board to Wedge
* Trampoline/Tumble Track
	+ Tuck, Straddle, Open Close, & ½ Turn