



Creative Gymnastics Center

Our “Down on the Farm” lesson plan is jammed packed with tons of fun, kid-approved, parent-approved gymnastics activities! Kids aren’t learning unless they are having FUN! Below is a short list of the fun activities you can expect!



- Balancing with ropes!
- Walk across beam holding a chicken egg on a spoon!
- Crawl across the beam and pull a carrot out of the garden!
- Walk across beam and SQUAT and pick up vegetables and place the vegetables in a basket!
- Learn Squat and Straight Body positions!
- Dance to Bluegrass Jamboree!
- Heard Sheep Balloons!
- Forward rolls down the wedge with cow beanbags placed under our chin!
- Stomp, launch and catch a barnyard animal!
- Correct Bunny Hops to reinforce weight distribution for future cartwheels and handstands!
- Donkey kicks for great Handstands!
- Front support to forward roll off low bar to land in the PIG PEN!
- Tuck hangs on low bar with a barn animal on our laps to build strong abdominals muscles!
- Swings on “high bar” and release a beanbag into a pig’s mouth and into his hungry tummy!
We are learning how to POP our hands when we swing!
- Dancing to, “Jump Down, Turn Around!”
- *Galloping with wild ponies working the left and right side of our bodies!
- Log rolls into the pig pen with straight bodies and feet together
- Mini cartwheels over barrels to lift our hips higher

*Studies show that when you use your dominant hand or dominant side of the body, one hemisphere of the brain is active. When you use the non-dominant hand or non-dominant side of your body, BOTH hemispheres are activated which may result in thinking differently and becoming more creative! Gotta LOVE gymnastics!

