



KidFit60 Jr Gym & Dance Studio Schedule/Themes:

MOVE & GROOVE MONDAYS	<p>Children will move to the beat of music on this fun filled motivated day! Activities will include Dance, Zumba, singing and many other music themed activities. The use of manipulative instruments will also be used to supplement activities and enhance learning. Focus will be on moving to the beat, exercise and coordination while having a fun time. Children will love moving and grooving in our dance studio by using our projector screen, sound system and by teacher lead activities.</p> <p>Equipment/Activities: Bean bag toss, Egg & Spoon, Hula Hoop Dancing, Scarf Dancing, ribbon dancing</p>												
TUMBLING TUESDAY	<p>These gymnastics themed day will focus on balance, coordination, strength, and exploration. Children will engage in instructor lead activities that allow them to experience gymnastic centres and circuits. Activities will be monitored and modelled by staff to allow children the opportunity to learn and develop in a safe and structured environment. Jumping, hopping, balance and basic tumbling will have the children excited to learn!</p> <p>Equipment/Activities: Mats, Cheese Block, Balance Pieces – different sizes, Balance Beam, Trampoline, create a circuit on black mats, teach forward rolls</p>												
WORKOUT WEDNESDAY	<p>Children will engage in mini workouts to help with following routines and aid in coordination and muscle development. We will focus on basic body weight activities that allow the children to grow while having a good time. Circuit stations, relay races, video use and various movement activities will be used to keep the children engaged and focused on learning. Activities such as karate, yoga and other cultural oriented activities will help to enhance the learning experience of our children.</p> <p>Equipment/Activities: Fun Circuit, Obstacle Course, Ladder, Relay Race, Dice Game</p>												
TECHNICAL SKILL THURSDAYS	<p>On this day, the children will learn a variety of different basic movement skills. Transport skills such as running, skipping, and galloping will be taught and practiced by doing a variety of different games/activities. Tag games and relay races help to practice these skills while the children enjoy themselves. We will also learn manipulation skills such as throwing, catching, kicking, rolling, bouncing, and striking will also be the focus of learning on Technical Skill Thursdays. Children will engage in structured game play and free play focused on the skill being taught. Children will have the opportunity to practice and learn many different skills that will help with motor movement and coordination.</p> <p>Equipment/Activities: Working on our Manipulative movements. Kicking, Rolling, Bouncing, Hopping, Throwing</p>												
FUN GAME FRIDAYS	<p>Children will engage in structured teacher lead games that promote listening, learning, movement, and skill development. A variety of different games such as main sport games, dodgeball games, tag games, cultural sport games and movement activities will be used to provide a fun motivating environment. Individual and team games will be used to promote independence and teamwork. Children will love to run, move, and learn while exercising on Fun game Fridays.</p> <p>Equipment/ Games include: Simon Says, Red light/green light, Mini Sticks, run away from monster, Freeze Tag, Dodgeball game, Bowling etc.</p>												
Daily Schedule for Program in Gym *Schedule is flexible	<table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">Little Bears:</td> <td style="width: 25%;">Dinosaurs:</td> <td style="width: 25%;">Kangaroos:</td> <td style="width: 25%;">Rhinos:</td> </tr> <tr> <td>10:30 – 10:50</td> <td>10:00 – 10:30</td> <td>9:30 – 10:00</td> <td>8:45 – 9:15 am group</td> </tr> <tr> <td></td> <td></td> <td></td> <td>3:00 – 3:30 pm group</td> </tr> </table>	Little Bears:	Dinosaurs:	Kangaroos:	Rhinos:	10:30 – 10:50	10:00 – 10:30	9:30 – 10:00	8:45 – 9:15 am group				3:00 – 3:30 pm group
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