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