

TuksGymnastics

Tumble Teddy Bear Pre-school Gymnastics Program



The Tumble Teddy Bear preschool gymnastic program is a fundamental movement and skill development program using the wonderful sport of gymnastics as vehicle to help your little ones achieve all their physical development goals.





We cater for children between the ages of 3 to 6 years. The program falls within the **Active Start phase** of a child's physical development.

OUR TEACHING PHILOSOPHY is that the experience must not only be FUN, but also EDUCATIONAL.

We use the 6 Dominant Movement Patterns (DMP's) as point of departure to ensure a scientific approach to a systematical and comprehensive development of the child's movement development.



LOCOMOTOR - we help our "athletes" to move forward, backward, sideways, and diagonally confidently in a variety of ways. This is imperative before introducing any apparatus such as bats or rackets.



LANDINGS - we teach our young "athletes" to land (fall) safely and correctly to help minimize injury in general.



JUMPS - we help our young "athletes" to jump off one or two feet or off one or two hands confidently and correctly.



SWINGS - we help or young "athletes" to swing their limbs and body parts in as many planes as possible to ensure amplitude in future movement.



BALANCE - being able to manipulate your center of mass in relation to you base of support is crucial for comprehensive skill development now and in years to follow.



ROTATIONS - for comprehensive movement development introducing rotation around all three axis is imperative a responsibility we do not take lightly.

To ensure progress our gymnasts are **EVALUATED** quarterly on five fundamental skills that they need to achieve based on their age, as well as five gymnastics skills to evaluate their competency in the 6 DMP's and being able to apply these DMP's in a complex skill (gymnastics skill).