



Why are they doing that?

Socks

Our tots wear the top part of a sock around their "good," or strong, foot. This practice is to help our tots remember which foot should be in front when starting a handstand, a cartwheel, and a few other tricks. A right-handed child will *usually* use their right foot as their good foot, while a left-handed child will *usually* use their left foot as their good foot. However, this is not always the case. We get our socks from the white bucket at the beginning of class and put them in the black bucket at the end of class.



Spiderman

In most of our beginning tots' classes, we often do "Spiderman" as a part of our floor course. Spiderman is useful for many reasons. First, it allows our tots to safely experience the feeling of being *almost* upside-down. Thus, this exercise eventually leads to a feeling of safety while doing handstands. Second, it provides a visual of shapes and colors, since our tots use their hands to move themselves across the colorful shapes along the floor. Finally, Spiderman helps familiarize children with the left-to-right motion, which will help them later as they begin to develop their reading and writing skills.

Toe Touches

During a bars rotation, our tots will usually do at least five toe touches on a bar. These toe touches help develop the stomach muscles needed for many gymnastics tricks. These toe touches are fun, too! Why not have your tot practice his or her toe touches the next time they are playing on the monkey bars at the park?

Jump Stick

We teach all of our gymnasts to do a jump stick when jumping down from any height (down from bars, off the beam onto a mat, off a trapezoid, etc). The jump stick is a safety precaution that continually reminds gymnasts to land safely on their feet. We teach our tots to jump and land with bent knees while counting to three.



Stamps on the RIGHT hand

At the end of a successful class, your child will receive a stamp on his or her right hand. First, we give stamps in order to reward your child for listening, working hard, and doing his or her best. Second, we place it on the right hand to help our tots distinguish between their right and left hands. Try asking your tot which is their "stamp hand" at home today!

