



3488 Jeffco Boulevard, Ste 103A
Arnold, Missouri 63010
Phone: 636-464- KIDZ (5439)
Fax: 636-464-5438
www.therapyplay.com

Gymnastics, Jumpers, & Jungle Gym Jammers

First Session: MAT SKILLS-GYMNASTICS

Tumbles, rolls, bridging, back arch, crab walk, frog jump, penguin walk, catcher mitt position, hand stands, tall kneel walk, side step walk, backwards walk, circle walk, roll in plug, wheel barrow race, army crawl, parachute, rocking horse position, weighted bar arm rolls, roller bear crawl walk

Second Session: BALL SKILLS

Tunnel weighted ball crawl, fish throw, kick ball, shoot basket, tennis ball bounce, hoop shot, weighted ball throw, donut throw, ball roll, beanbag toss

Third Session: BALANCE SKILLS

Stand on one foot, stepping stones, stepping buckets with and without weighted donuts and balls, balance beam with and without weighted bars, balance beam side stepping, stairs up / down sequence with arm popper, rocker board disc, turtle disc standing balance, scooter boards, swiss ball-belly and sitting, swings- sitting and tall kneeling balance, bowling, skip/run relay

Fourth Session: JUMPING SKILLS

Jump up/down, forward, hurdles, jump hoop, over bars, jump off 6-24 inches bench set, jump off mat into crash mat, jump one foot- hop, hopscotch

Fifth Session: JUNGLE GYM – JAMMERS DAY

Cozy coup relay race, up and down stairs, jungle gym steps, jungle gym roller slide, play under hut, sensory table play and graduation

Class instructor Karen Wild, MPT (Physical Therapist)

There must be 6 participants signed up for class. It is one time a week with the option of providing a second class the same week if there is interest. Please call to register or you can register online at www.therapyplay.com.