

## JULY GYMKID LEARNING OBJECTIVES

### GYMKID JUNIOR (4 - 5 YEARS OLD)

Week	Theme	Warm-up Exercises	Main Activities	Closing Activities	Learning Outcomes
01	Summer vacation	GymKid exercises	<ul style="list-style-type: none"> <li>- Balance backwards on penguin line. Climb up climbing frame and sit on walkway with both knees bent. Push self down on the walkway, lift up the parachute, and slide under the trestle and down on the walkway.</li> <li>- Take one rubber ball, kick the ball to the tunnels and crawl backwards inside the tunnels to collect it. Take the ball back.</li> <li>- Hockey stick and color ball: Forehand skills.</li> </ul>	<p>Meditation: Happy baby pose</p>	<ul style="list-style-type: none"> <li>- Be confident to do demonstration in the station with teacher's instruction.</li> <li>- Confidently pass the challenges in the station.</li> <li>- Actively do handstand II technique with teacher's support.</li> <li>- Can do forehand skills in hockey.</li> <li>- Able to tell the steps of climbing skills (teacher reminds if needed).</li> <li>- Keep discipline in the class.</li> </ul>

02	Summer vacation	GymKid exercises	<ul style="list-style-type: none"> <li>- Do handstand II on crashmat.</li> <li>- Balance forward on the penguin line and climb down the mini trestle. Climb up the multi blocks, turn around and slide down on tummy.</li> <li>- Hockey stick and color ball: Forehand skills.</li> </ul>	<p>Meditation: Happy baby pose</p>	
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