

## JULY GYMKID LEARNING OBJECTIVES

### GYMKID SENIOR (5 - 6 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: Dribbling skills.</li> </ul>	<p style="text-align: center;">Meditation: Happy baby pose</p>	<ul style="list-style-type: none"> <li>- Confidently do demonstration in the station.</li> <li>- Actively practice in the station.</li> <li>- Can do handstand II following teacher's instruction.</li> <li>- Able to dribble the color ball with hockey stick and hit the ball to the goal.</li> <li>- Can tell the name of the skills or technique when teacher asks during doing demo in the station.</li> <li>- Help friends when taking part in the stations.</li> </ul>

02	Summer vacation	GymKid exercises	<ul style="list-style-type: none"> <li>- Do handstand II on crashmat.</li> <li>- Criss cross 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: Dribble and hit the ball to the goal.</li> </ul>	<p>Meditation: Happy baby pose</p>	
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