



Kinder Tumbling Curriculum

Kinder Tumbling for ages 5-6 will introduce tricks and moves in a fun simple way through imagination and a hands on approach. Each month, as the students progress, we will introduce new terms and steps using good technique, coordination, and creativity, building on skills learned in the previous month. Mid year (December), they will be doing an in-class performance to show their progress to close friends and family. A more formal performance will be at the end of the dance year, in May. This is a fun time for them to shine and wear a fun costume, showcasing the things they have learned throughout the year as well as building their confidence in giving them a more formal venue at which to perform.

During each class period, we will generally observe the following schedule:

- Stretching (10 min): Includes fun and correct stretching of muscles through creativity and imagination.
- Warm-up (10 min): Provides an opportunity to introduce new steps and vocabulary through activities and games.
- Across the Floor (15-20 min): Gives children a chance to practice movement around the room and also works on coordination through creativity and group activities.
- Cool-Down (5-10 min): Allows children to slow heart rate down and properly stretch muscles.

Monthly Focus

September: Begin learning tumbling moves and how to execute them.

October: Work with groups and partners, learn how to channel creativity within tumbling tricks. Begin choreography.

November: Practice dance.

December: Prepare for the first in-class performance.

January: Begin new choreography.

February: Practice tumbling basics and choreography in groups to create unity and make new friends.

March: Continue to improve style and timing with tricks.

April: Introduce tumbling improvisation to build confidence and learn to support each other.

May: Prepare for final recital.

Presentation of the year's work through formal performance for friends and family.