

BRANCHERZ CLASS

Class Time:
45 minutes

4-5 Years Old

Physical Development

FLOOR:

- Forward Rolls and with "Ta-Da"
- Straddle Rolls
- Backward Rolls Down Incline to Straight Jump
- Spiderman Handstand Hold
- Cartwheel
- Lunge, Handstand, Lunge
- Bridge
- Round Off

BARS:

- Front Support with Casts
- Chin Up Hold
- Front Support Forward Roll
- Chin Up Pullover (with spot)
- Swings (Consecutively)
- Glide Swing (and over object)
- Shimmy with Hands Crossing Over
- Big Casts
- Monkey Turns

TRAMPOLINE

- Straight Jump
- Tuck Jump
- Straddle Jump
- Safety Position
- Jump Turn
- Pike Jump
- Star Jump

BEAM

- Walk forward, on tippy toes, kicks, and hops
- Stepping over objects on beam
- Picking up objects on the side of beams
- L-Kicks
- V-Sit
- Releve Pivot Turn
- Squat on Beam

Cognitive Development

- Follow 5-6 simple instructions
- Recognize and communicate colors and shapes
- Count to 10, 20, or 30 independently
- Recognize written numbers 1-10, 1-20, or 1-30.
- Verbalize ABCs with group and identify written letters of the alphabet

Social Development

- Brancherz classes aid children in preschool by allowing them to develop better relationships with their peers in a class environment.
- Brancherz develop crucial skills such as listening, public speaking, and waiting their turn!



NEXT LEVEL:
TREETOPPERZ

KIDZ
GYM