

Home Learning

January 11th – 14th

Movement skills and concepts to be reviewed this week are a continuation of what we were working on before the winter break and be introducing the log roll.

Balancing on different body parts (foot, hand/feet, bum, chest, knees, elbows/knees/feet, etc.)

Balance on steady surfaces (the floor) and unsteady surfaces (a pillow, foam rollers, etc.)

The log roll and the pencil roll.

Here is a link to a video explaining the log roll and pencil roll.

[Preschool Gymnastics \(Log Roll, Pencil Roll, Egg Roll\) w/ Coach Daisy | Coppermine @ Home - YouTube](#)

Tuesday Jan. 11th

Review the photos of our different balances and practice them at home. Test yourself by asking someone to quiz you on the different positions. Challenge yourself and see how long you can hold a position. Teach someone in your house the different positions.

Front scale



Back scale



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Side Scale



Knee Scale



Knee scale with arm extended



Stork Stance



v-sit



Wednesday Jan. 12th

Today we would like you to practice our different balances on an unsteady surface. Try balancing on things like (a pillow, empty water bottle, pool noodle, rolled up yoga mat, etc.). When balancing in unsteady surfaces make sure you have lots of room to play in.

Below are some examples of balance scales on unsteady surfaces.



Thursday Jan. 13th

The log roll: lay on your back, press your arms to your side, squeeze your legs together keeping everything tight and roll like a log.

The pencil roll: lay on your back while extending your arms over your head to the tip of a pencil. Squeeze your legs together keeping everything tight and roll like a pencil. Try to keep your legs and arms together when rolling.

Watch the video and practice both the log and pencil rolls. Remember to practice in a safe space.

Friday Jan. 14th

Today we would like you to review balancing on steady/even surfaces, unsteady/uneven surfaces and review your rolls.