

Helpful Stations for Preschool Tumbling

Animal Walks- Bear, camel, seal, crab, horsey kick, bunny hops

Other Positions and concepts-table, statue, no room in between, hip under hollow, Safe Landing Position, do knee push-ups and have them bend and straighten their arms, tuck body in and roll (safety roll), make them stronger by heel of the hand vs. soft hand

1. Forward Roll/Backward Roll – inclines, carpet squares, beach towels, wheel rock and roll, pizza hands, bean bag, waterfall octagon, ball down incline, off 8” mat, as a group, bean bags, beanies or shapes between ankles or under the chin, carpet square to carpet square, roll ball down the incline, hang head over edge of 8” skill cushion, numbers on inclines or mats, Tumblebear Square, carpet strip, Backward Roll= 2 trap pieces with front ends touching-head goes between trap pieces.
2. Cartwheel – sideways bunny hops, over trap and hoop, carpet strips, carpet squares, cartwheel mat, 2 panel mats 1” apart—cartwheel over a beanie, wheel, inclines or panel mats on the side, yellow brick road stacking snowman, spot off high end of incline, rope on trap alley of cones down incline, clock face, hoops, how to figure which leg, horsey kick, broken leg walk with sticker, wristbands, chalk, handprints, between cones over ropes, big incline, continuous with the Freeze Game, beach towels, handprints and footprints, arrows on Blockbuster, stacked panel mat and unfold as student learns

3. Round-Off – long cartwheel—keep arms by ears, cartwheel ¼ turn in, off trap, down incline, over barrel twist with chubby checker
4. Splits – headlights, splits station off 8” mat, with partner laying down or against wall, star splits (group in circle touching toes)
5. Headstands- Draw a triangle or use a Santa hat, tripod spot/station, all go up against a donut on its side tummy in and then out,
6. Bridges – bridge tunnel, hands by hair-belly button in the air, over barrel, feet elevated on 8” mat, incline up to high end, walk in bridge
7. Dive Roll- high end incline, space, high end incline; hoop between them, trap between them, trap space incline, stacked cones for wall before incline, chalk on hands, over incline on its side to incline, through donut

Patti Komara's Bio

Patti Komara has owned a gymnastics school in Dyer, Indiana since 1969 offering gymnastics, dance, swimming, and a fitness-based educational preschool called Gym-N-Learn. Patti began speaking at national seminars in 1981 and has led hundreds of training workshops. Patti's Tumblebear Connection has produced more than 80 instructional DVDs. She has written books on yearly lesson plans for The internationally known Tumblebear Gym Program, School-age Gymnastics, Dancing GymBears, YogaBears, CheerBears, Gym-N-Learn, and her very successful Swim Program. Patti co-authored the original USAG preschool KAT certification program. In 2003 she was named USAG Business Leader of the Year. In 2005 Patti was selected as Client of the Year by Action International and in 2006 was given the national service award by USAG. In 2009 Patti began formal consulting for those in our industry and in 2010 her gym, Patti's All-American, was named in her local newspaper as "Best of the Region" once again. Patti has over 6000 subscribers to her "In the Loop Monthly E-Newsletter" which she has published since February 2007.