



Tiny Tumblers (Age 2–4)

Duration: 60 minutes

Coach-to-child ratio: 1: 6 - 8 (with parent assistance for younger toddlers if needed)

Time	Activity	Goal
5 min	Welcome Circle	Greetings, name song, safety rules
8 min	Warm-up Games	Raise body temperature and develop movement patterns
10 min	Animal Walks	Strength, coordination, imagination
12 min	Gymnastics Circuit	Balance, climbing, rolling, jumping
5 min	Obstacle Course	Combine learned skills
3 min	Stretch & Breathing	Flexibility and relaxation
2 min	Sticker & Goodbye	Positive reinforcement

1. Welcome Circle (5 minutes)

- Sit in a circle.
- Sing a hello song.
- Introduce today's theme (Safari, Jungle, Ocean, Space, etc.).
- Explain simple rules: Walking feet Wait your turn, Listen for the whistle& Two hands on equipment

2. Warm-Up (8 minutes)

Play upbeat music.

Activities:

- March around the gym
- Run slowly
- Tiptoe



- Giant steps
- Tiny mouse steps
- Freeze dance
- Jump like popcorn
- Reach for the sky
- Touch toes

3. Animal Walks (10 minutes)

Each movement is 20–30 seconds.

- Bear Walk
- Crab Walk
- Frog Jumps
- Bunny Hops
- Duck Walk
- Penguin Waddle
- Elephant Stomps
- Snake Slither

Add sound effects to keep toddlers engaged.

4. Gymnastics Stations (12 minutes)

Rotate every 2–3 minutes.

Station 1 – Balance

Equipment:

- Low balance beam
- Floor line

Activities:

- Walk forward
- Walk sideways



- Carry a beanbag
- Step over foam blocks

Station 2 – Rolling

Equipment:

- Incline mat
- Log rolls
- Forward rolls with assistance
- Rocking like a ball

Station 3 – Jumping

Equipment:

Hoops	Foam spots
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Activities:

- Two-foot jumps
- Jump into hoops
- Jump over noodles

Station 4 – Climbing

Wedge	Soft blocks	Crawl up	Walk down	Tunnel crawl
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Station 5 – Swinging & Hanging

Equipment:

- Low bar
- Rings

Activities:

- Hang for 5 seconds
- Swing knees
- Monkey reach



5. Adventure Obstacle Course (5 minutes)

 Rainbow Bridge (balance beam)

 Lily Pads (jump between hoops)

 Bear Cave (crawl tunnel)

 Mountain (climb wedge)

 Roll Down Hill (forward roll)

 High Five Coach

Repeat 2–3 times.

6. Cool Down (3 minutes)

Simple stretches: Butterfly Star stretch /Cat stretch /Reach high Touch toes

7. Games 15 minutes

Bonus Games (Rotate Weekly)

- **Gymnastics Freeze Dance:** Dance to music; when it stops, hold gymnastics pose (star, tuck, arabesque, or balance).
- **Obstacle Island:** Complete a simple obstacle course with jumping, crawling, balancing, and rolling.
- **Follow the Leader:** The coach performs movements (tiptoe, jump, balance, bear walk), and children copy them.
- **Rainbow Hoops:** Jump from hoop to hoop based on the color the coach calls.
- **Balance Statues:** Hold a pose for 5–10 seconds while the coach counts.

Goodbye

- High five every child.
- Give a sticker or stamp.
- Celebrate one achievement for each child (e.g., "Great balancing today!" or "Excellent bunny hops")