

Gymnastic Syllabus

Phase 1: Foundational Body Awareness (5 Weeks)

1. Static Alignment: Postural control in standing/sitting positions, basic hand shapes (natural palm, ballet positions) & fluid transitions
2. Locomotor Rhythm: Walking with musicality, pointed-toe balance, spring step rebounds, waltz step triple-meter exploration
3. Movement Phrasing Solo actions → Partner mirroring → Group synchronized sequences
4. Floor Artistry: Side roll flows ("windmill rolls"/"mermaid twists")

Phase 2: Creative Conditioning (5 Weeks)

1. Flexibility:
 - Thematic mat stretches ("Rainbow Bridge" back arches, "Starfish" straddles)
 - Character-based releases ("Swan Neck" stretches)
2. Collaborative Strength:
 - Partner resistance games (back-to-back stands, palm presses)
 - Group core control ("Statue Balance Challenge")

Phase 3: Musical Ensemble (5 Weeks)

1. Thematic Routine Development:
 - 2-3 min choreography to children's songs/nature sounds
 - Dynamic formation changes
 - Prop-integrated storytelling
2. Artistic Objectives:

- Convey emotions through movement (non-technical)
- Execute cohesive team narratives with beginning-development-end

Core Principles

Creativity & Precision | Teamwork & Individual | Expression & Technique

Class Structure (1 hour Session)

1. Warm-Up: Group Energy (20 mins)

- Circle Rhythms: Clapping/tapping sequences passed around the circle.
- Moving Together: leader games, group skipping, light swaying.
- Body Awareness: Stretching as a team

2. Skill Building: AGG Foundations (35 mins)

- Unison Movement: Simple synchronized jumps, turns, and arm waves.
- Flow & Levels: Moving from high (tiptoes) to low (curled poses) as a group.

3. Cool-Down: Connection (5 mins)

- Group breath.
- "Applause Circle": Each child praises a teammate.

Key AGG Skills Progression

- Beginner:

- Marching in unison to music.
- Passing props side-to-side.
- Holding hands in a circle while swaying.

- Intermediate:

- Simple 3-step sequence in sync (e.g., step-tap-clap).
- Creating paired shapes (e.g., "butterfly partners" with joined hands).
- Smooth group floor rolls (e.g., "rolling like a wave").