



# Arising Stars Gymnastics

"Flip into Literacy"

Preschool Classes

Fall Session: August 22<sup>nd</sup> – October 17<sup>th</sup>



## Week One:

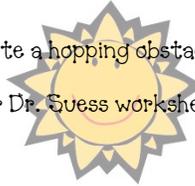
"Chicka Chicka Boom Boom Look Who's Tumbling in our Room!" This week gymnasts will participate in an ABC hunt inside our foam pit. How many letters can they find? Return your child's 'Boom Boom Tree Portrait' next week and it will be displayed in our gym.

Check out this book: *Chicka Chicka Boom Boom* by Bill Martin

## Week Two:

Hop till you drop! This week gymnasts will complete a hopping obstacle course. How many ways can they hop? Sideways, backwards, upside down? Have fun coloring in our Dr. Seuss worksheet after class!

Check out this book: *Hop on Pop* by Dr. Seuss



## Week Three

Happy Grandparent's Week! Bring your grandparent to class and show off your best skill. Gymnasts who bring in a grandparent will have their picture taken and put up on our Arising Stars Facebook page. Enjoy our special treat after class ☺

Check out this book: *The Gifts of Being Grand* by Marianne Richmond



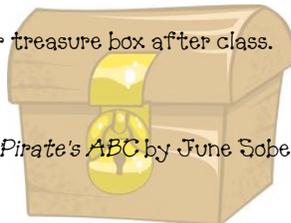
## Week Four:

"Arrrrgghh Matey!" This week is Pirate Week; can you walk the plank? Be sure not to fall in, there could be crocodiles and sharks in the pit.

Pick a prize out of our treasure box after class.

Check out this book:

*Shiver Me Letters, a Pirate's ABC* by June Sobel



### Contact us:

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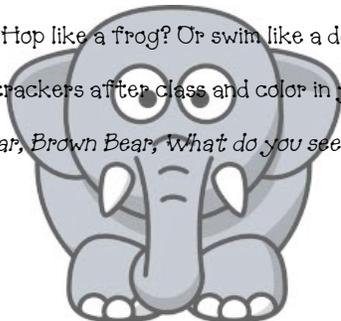
Website:

[www.arisingstars.com](http://www.arisingstars.com)

### Week Five:

Can you walk like an elephant? Hop like a frog? Or swim like a dolphin? This week gymnasts will play a game called Animal Limbo. Munch on a few animal crackers after class and color in your own animal book.

Check out this book: *Brown Bear, Brown Bear, What do you see?* By Bill Martin



### Week Six:

"ABC's and 123's" Can you hold your chin up on the bar for 10 counts? Can you sing the ABC's while swinging on the rope?

This week we will practice singing our alphabet song and counting to ten. Pick out a sticker beginning with the letter of your name after class.

Check out this book: *AlphaOps! The Day Z Went First* by Alethea Kontis



### Week Seven:

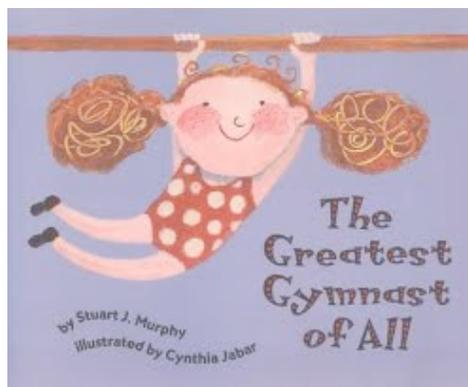
WATCH OUT, Flip-a-sour-aws Rex is here! Can you find him hiding in our gym? You'll have to try a few new skills before he will come out! Enjoy a dinosaur gummy snack after class.

Check out this book: *Ten Terrible Dinosaurs* by Paul Stickland



### Week Eight:

Be a Star! This week instructors will talk about our book, *The Greatest Gymnast of All* by Stuart J. Murphy. What is unique about this gymnast? Can you try something that she does in the book? After class each gymnast will receive a 'superstar' certificate for being a star in their class.



♥Turn in your book list this week for a special prize at the front desk♥

