

Dear Kindergarten Teacher

**WE ARE HERE TO HELP YOU PLAN
FOR THE EARLY LEARNING
PROGRAM!**

Program for Kindergarten Classrooms: An Introduction

With the commencement of full-day Kindergarten, classroom teachers will be required to build and develop longer, more intensive programs. *Burlington Gymnastics Club Program for Kindergarten Classrooms* is an integrated program, where teachers and coaches collaborate to meet the needs of each individual school. Physical education is an essential part of any school program and the *Burlington Gymnastics Club* is available to offer support and facilities to aid teachers in building exciting programs that will encourage a lifetime of healthy living.

Children develop their fundamental movement skills between the ages of 2 and 5, meaning that with the implementation of full-day JK and SK, physical education is more important than ever. *Athletics Canada*, in its research on *Long Term Athlete Development (LTAD)*, has recognized gymnastics as one of the core training sports for development in all other arenas. A basic movement vocabulary is grounded in a strong elementary gymnastics program.

As a core program, *Burlington Gymnastics Club* recommends monthly visits as a minimum program to supplement your weekly physical education curriculum. In addition to gym visits, we are able to offer support by visiting your school.

All of the instructional activities are designed to meet the *Ontario Ministry of Education Curriculum Expectations* for a number of different strands, not limited to *Health and Physical Activity*. During your monthly visits to our site at the *Burlington Gymnastics Club*, your class will be introduced to progressions and circuits in a safe and well supervised environment. Whatever your individual class's needs are, *Burlington Gymnastics Club* is here to accommodate and deliver an active, fun-filled, educational experience for your class.

Burlington Gymnastics Club

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