

Tumblebear Gymnastics presents
The Incredibles

The week of June 11, 2018

Introduction: The kids will warm up as if they were different members of the Incredible Family, the Parr's. They will see if they are as STRONG as Mr. Incredible, as STRETCHY as Elastigirl, as FAST as Dash, and if they can CONCENTRATE like Violet.

Tumbling: The kids will start off being limber like Elastigirl. They will perform a back kickover and stretch really big after. They will also see how agile they are as they kick their highest over a high piece of equipment with their cartwheels. To be part of a super hero family, they need to put all of their skills to the test. They will also perform various jumps & strength activities on this side.

Equipment: Dash is the fastest member of the Incredible Family, so our students will run and vault this week. They must use their powers to get themselves up on our vaulting block and save the world from Syndrome's giant robot! The kids will also work on precision jumping, balance and hand-eye coordination.

Ending Activity: Frozone Freeze! Frozone is Mr. Incredible's best friend as well as another super hero. The students will have a blast as they move and freeze as if they were Frozone.