



Mar 21st, 2025

Dear Parent(s) and Guardian(s):

We are beginning the gymnastics unit in Physical Education on March 31st, 2025 and this unit will last until April 11, 2025. This is part of your child's regular Physical Education programming.

Our learning goal is to provide an opportunity for students to experience various movement skills and to plan their own unique routine based on their individual skill set. We encourage students to participate at their level of comfort, to climb as high as they feel safe, and to only attempt movements they can do confidently. All students are at different levels and there is no expectation that a student should perform anything beyond their skill level.

Progression of skills:

Mats: Basic skill acquisitions such as poses, balancing, jumping, safe landing, and exploring a variety of ways to move/travel across the mats.

Low-level equipment: Continue developing previous skills through adding equipment and learning how to use it safely.

Low level + Canadian Climber: Adding new dimensions of movement using different apparatus and building on basic skills.

Assessment: Presentation of a short routine.

When participating in gymnastics over the few weeks, we ask that students are dressed appropriately and prepared to participate by adhering to the following:

- Wear clothing that allows freedom of movement (no special uniforms or leotards are required – sweatpants/jogging pants/leggings and a t-shirt work best.
- Tight fitting clothing is preferable instead of loose fitting or baggy clothing as they may get caught on equipment when climbing.
- All jewelry should be removed (please leave at home). This includes watches, rings, necklaces, dangling/hoop earrings etc.
- Students with long hair should have their hair tied back. Please provide hair elastics.

- Students will be actively moving, so ***please do not wear footed tights and no dresses or skirts.***

Please feel free to contact me if you have any questions,

Lina Dilov

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Pronouns: she, her

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