

JANUARY COLOURS WEEK		Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
Skills Focus		PARKOUR BREAK FALLS	TRAMPOLINE FLIPS	ACROBATICS STUNT JUMPS	PARTNER BALANCES ROLLS
Activity of the day		CRAZY HAIR SALON TUMBLING	COOKING LOOM BANDS	FACE PAINTING GFA CIRCUIT FLOOR AND VAULT	CIRCUIT PARKOUR BALLOON MAKING
FUN TIME: Outdoor play Weather Permitting or		PINK BALL GAMES FREE EXPLORE	BLUE PAINTING FREE EXPLORE	YELLOW CRAFTS FREE EXPLORE	RED CHALK FREE EXPLORE

JANUARY GYMSPORTS CODES	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st
Skills Focus	RYTHMIC GYMNASTICS LEAPS AND JUMPS	PARKOUR VAULTING	TRAMPOLINING FLIPS AND AERIALS	TUMBLING ACROBATICS	ARTISTIC GYMNASTICS CHOREOGRAPHY
Activity of the day	SCARF, HOOP, BALL, BEAN BAG ACTIVITIES	CIRCUIT PARKOUR FLOOR AND TRAMP	CIRCUIT JUMPS COOKING	TEAM TUMBLING CANON BALL TUMBLING	CIRCUITS BAR, BEAM, FLOOR, VAULT
Fun time: Outdoor play Weather Permitting or	HAND EYE GAMES FREE EXPLORE	INDIANA JONES FREE EXPLORE	BOARD GAMES FREE EXPLORE	FORT BUILDING FREE EXPLORE	MINI COMPETITION FREE EXPLORE