

Munchkins in Motion

Greater Buffalo Gymnastics & Fitness Center, LLC

January 2019 Newsletter

January Themes

Weeks 17-19: Superhero

Take Home Activity: Color Me Super!

Weeks 20 & 21: Construction

Take Home Activity: Construction Movement Cards

Munchkins in Motion Bulletin Board

Check out our new bulletin board located at the top of the stairs leading to the balcony!

You'll find hard copies of this Newsletter & Calendar, relevant program information, and a themed decoration that matches one of our themes for that month! You may even find your preschoolers name!

Upcoming Events

CLOSED Thurs Jan 17th–Sun Jan 20th
for our home meet!

The girls team will be competing in The Jacquie Hirsch Memorial Girls Buffalo Challenge and the boys team will be competing in the Stars & Stripes Meet. Come support our team program by coming to watch them compete!

Last Month Recap

Last month we learned a brand new vault called a straight jump where we don't even use our hands!

We played Candyland to get to each event which helped us with our counting and fine motor skills. We even got to play in a Candy Castle!

We learned about squat turns on beam, skin the cats on bars, and we are keeping up on our teeter-totters which is a couple steps before a real handstand!





Munchkins in Motion Activity Calendar

January 2019



Greater Buffalo Gymnastics & Fitness Center, LLC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Years!	2 Back in action today! 😊	3 Who is your favorite superhero?	4 Do a tuck jump	5 Strike a superhero pose! 
6 What is your own superhero name?	7 Make a superhero mask!	8 How many superheroes can you name?	9 Tell someone that you think they are SUPER! 	10 Superheroes eat fruits and veggies to have strong muscles, you should too!	11 Do a V sit	12 Color in your "Color Me Super" coloring page!
13 Be a good listener today!	14 If you were a superhero, what would your power be?	15 Drink water instead of juice today	16 What is something you can do that is super?	17 Who can fly faster- Wonder Woman or Superman?	18 Do a candlestick	19 Show me your big superhero muscles!
20 How many types of trucks can you name?	21 Ask if you can help someone today	22 Draw a picture of a bulldozer 	23 Stand on your right foot	24 Make your bed 	25 Do an arabesque	26 Do the actions on your Construction Movement Cards!
27 Do a squat turn	28 What does a crane do? 	29 What color are construction vehicles usually?	30 How high can you build a tower with blocks?	31 Do a teeter totter		