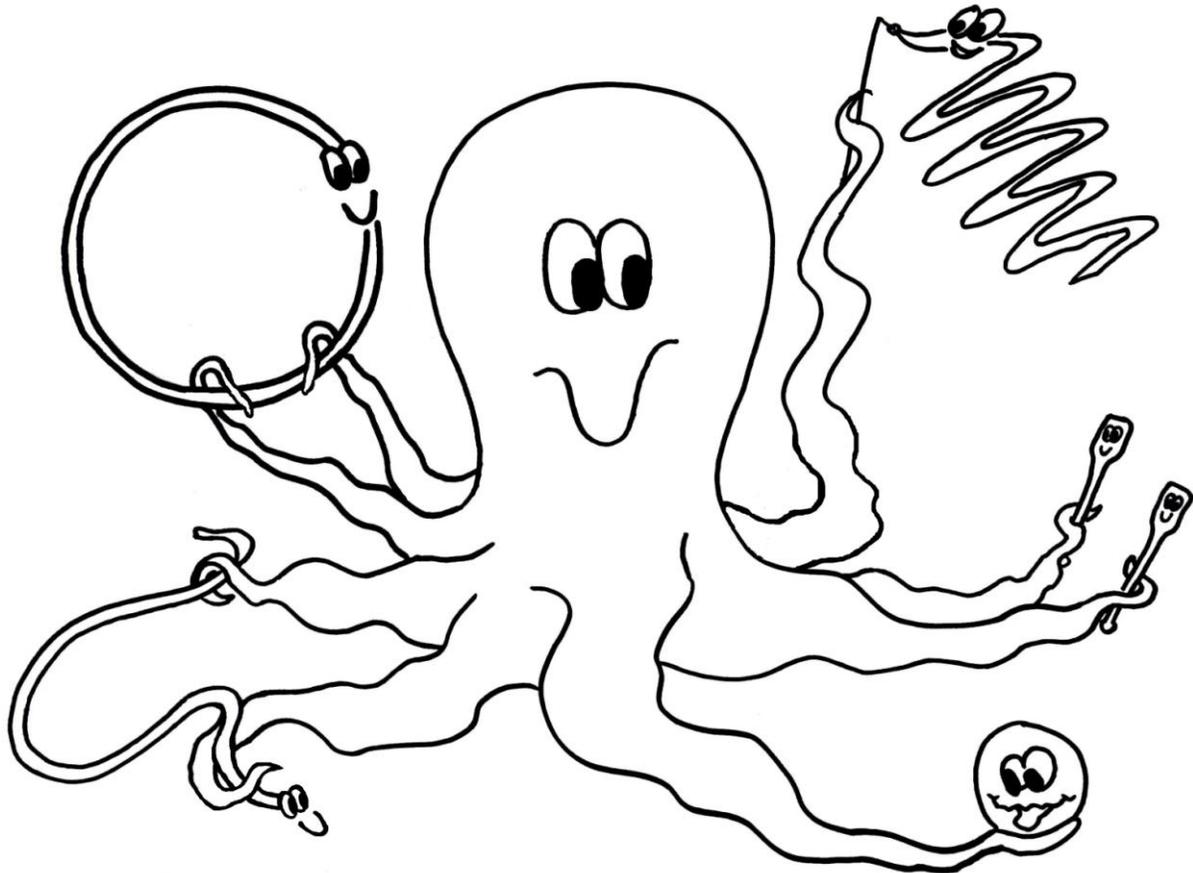


# RAINBOW RHYTHMICS



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rhythmic gymnastics  
ALBERTA

# Rainbow Rhythmics Lesson Plans

Rhythmic Gymnastics Alberta is committed to developing programs that will increase the physical literacy of Alberta's young people. Rainbow Rhythmics is the pre-school and Division 1 program that develops skills learned at the start of the nationally recognized PRISM program that children would take in after-school classes throughout the country.

Rainbow Rhythmics Includes:

1. Overview of Program
2. 7 easy to implement Lesson Plans
3. CDs of Music to use with each Lesson Plan
4. Lesson Plan Templates
5. Choreographed Simple Routines with actions to match the music
6. Playful stretches and warm-ups for Children
7. Ideas for making each activity part of a story that children love
8. Ways to build word pictures that make moving fun for this age group
9. Colouring sheets and activity pages to reinforce learning after being in the gym

Rainbow Rhythmics is a program that takes the general gymnastics participation model and creates a fun, music-filled environment in which young children can learn through play. Gymnastics is one of the foundation sports, and if learned at a young age, will provide the skills and body awareness necessary to learn any sport.

The development of the program was conceived by Sonya Golly-Jahn, and was realized through the hard work and knowledge of Connie Bramer. This collaboration built on the strengths of these two long-time coaches. Its success throughout the pilot programming was based on their knowledge and understanding of young children.

Thank you to other contributors, and to Canada Heritage/Sport Canada and the Alberta Government and Alberta Sport Recreation Parks and Wildlife Foundation for their support and funding of the development of the program and the piloting of it.

## OVERVIEW - Rainbow Rhythmics

Colour Day	Apparatus-Props	Starting Activities [~3-5 min.]	Short Circuit/Game/Apparatus [~5-7 min.]	Main Circuit/Apparatus [~12-15 min.]	Closing Activity [~5-8 min.]
Rainbow Day	Parachute Wrist ribbons	Music Game: Freeze	Wrist Ribbon: Butterfly Flight/Stretches	Parachute: Games/Skills/Dance	Wrist Ribbons: Dragon Flight
Red Day	Pylons Little rubber rings Ribbons	Little rubber rings: Traffic Game	Little rubber rings: Stretches/Hand skills	Short Ribbons: Handling/Various Movements	Free Dance with or without ribbons
Orange Day	Hoops	Various movements: hop, skip, run	Musical Hoops Game/Stretches	Hoops: Handling/Skills/Hula Hoop/Dance	Partner/Group games
Yellow Day	Bean bags Scarves	Clapping, stomping, dancing	Bean Bags: Messy Room Game/Stretches	Bean Bags: Handling/Throws & Catches/Balances	Scarves: Fly a kite
Green Day	Stuffed Animals Balls	Game: Rescue Helpers	Dancing with animal friend [pair/group]/stretches	Balls: Handling/rolling/bouncing/swings	Ball Game: No escape
Blue Day	Ropes Long rope	Cowboy/Cowgirl Movements	Games with rope on floor/stretches	Ropes: Various skills/swings/jumps/hops	Long rope challenges
Violet Day	Umbrellas Parachute	Game: Zoo in the gym/animal movements	Game: Body parts on gym floor lines/stretches	Scarves: Fly a kite/swings/waves/throws	Parachute Games: Motorboat/Popcorn

# Rainbow Rhythmics Lesson Plan - 1

<b>Program/Class: Preschool / Kindergarten / Grade 1</b>	<b>Lesson:</b>	<b>Rainbow Day</b>
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<b>Location:</b>	<b>Time: 30 minutes</b>	<b>Date:</b>
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## Goals and Objectives - Targets and Outcomes

Fun	Fitness	Outcomes
<ul style="list-style-type: none"> <li>Develop creativity               <ul style="list-style-type: none"> <li>Pretend to be various animals</li> <li>Explore colours</li> <li>Build a tent</li> <li>Go camping</li> <li>See a rainbow</li> <li>Go for a boat ride</li> <li>Fly like a dragon</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Flexibility</li> <li>Spatial awareness - circle formation</li> <li>Balance</li> <li>Feeling for rhythm</li> <li>Movement to music</li> </ul>	<ul style="list-style-type: none"> <li>Be able to stop [freeze] and continue movements</li> <li>Accomplish swings</li> <li>Develop feeling for rhythm</li> <li>Start dance movements</li> <li>PE Outcomes: <b>A(K)1,8,9,10 D(K) 4, 5</b> <b>A(1) 1,8,9,10 D(1) 4, 5</b></li> </ul>

## Fundamental Movement Patterns

<input checked="" type="checkbox"/> Locomotion	<input checked="" type="checkbox"/> Landings	<input checked="" type="checkbox"/> Statics
<input checked="" type="checkbox"/> Rotation	<input checked="" type="checkbox"/> Springs	<input checked="" type="checkbox"/> Swings
<input type="checkbox"/> Projection	<input type="checkbox"/> Reception	<input checked="" type="checkbox"/> Rhythm & Dance

## Resources/Venue Preparation

Music choices	Apparatus	Other
<ul style="list-style-type: none"> <li><i>The Freeze Song</i></li> <li><i>Butterfly</i></li> <li><i>Over the Rainbow</i></li> <li><i>The World is a Rainbow</i></li> <li><i>Puff the Magic Dragon</i></li> <li><i>How to Train your Dragon</i></li> </ul>	<ul style="list-style-type: none"> <li>Parachute</li> <li>Wrist ribbons (optional) (See notes on how to make wrist ribbons.)</li> </ul>	<ul style="list-style-type: none"> <li>Name tags – if needed</li> <li>Stamps</li> <li>Stickers</li> <li>Colouring sheets</li> </ul>

**STARTING ACTIVITIES** - Warm-Up - Musical Freeze Game

**Time: 3-5 minutes**

**MUSIC:** *The Freeze Song*

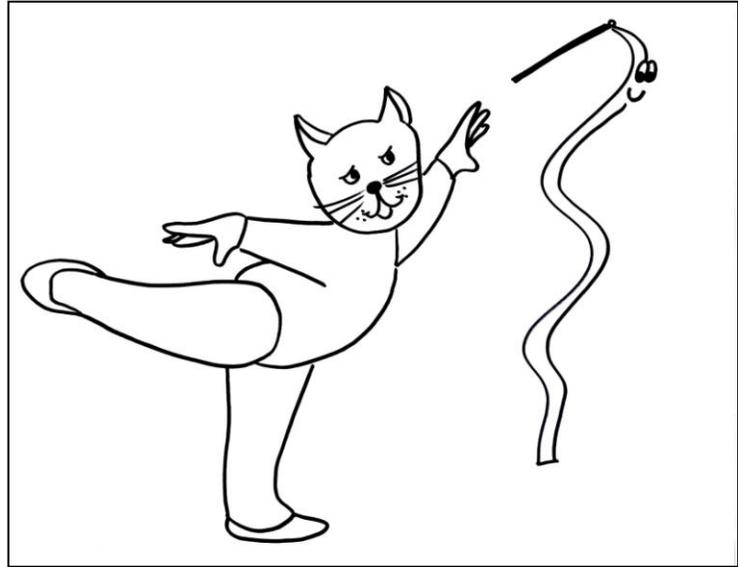
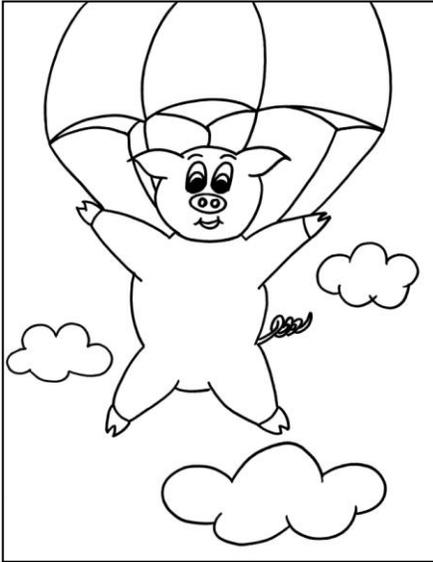
- Children move around in the gym in various ways: **walk, run, skip, crawl, gallop, hop** etc.
- Alternatively children **pretend to be various animals** and do animal movements.
- When the music stops, children stop as well either do a landing position or a pose or balance as demonstrated previously by the teacher/coach.
- When the music continues, children move around again.

<p><b>SHORT CIRCUIT:</b> Activity - Stretches <b>Time: 5-7 minutes</b></p> <p><b>MUSIC:</b> <i>Butterfly</i></p> <p><b>APPARATUS:</b> Wrist Ribbons (can be done without wrist ribbons to save time or if not available.)</p> <ol style="list-style-type: none"> <li>1. Teacher explains life cycle of a butterfly: larvae – caterpillar - cocoon - butterfly</li> <li>2. Children have 1 wrist ribbon on each wrist, ribbons are hidden in closed fists</li> <li>3. <u>Start Music:</u> Children are crouched very small on floor, pretend to be a larvae. Then they stretch out and do caterpillar movements on the floor</li> <li>4. Next children sit in a tuck, roll backwards and lift legs up as if they would hang as a cocoon on a tree - alternatively can rock back and forth in tucked position</li> <li>5. Roll forward again, get out of cocoon and slowly develop wings: let go of wrist ribbons on one side, then the other</li> <li>6. Children stand up, start walking slowly with spreading wings [arms] up &amp; down, change speed and fly [run] faster in a circle. Children may even spin around on the spot or change speed of arm movements</li> <li>7. <u>Stretches:</u> Pretend to be various winged animals and stretch body in different directions</li> </ol>	<p><b>Teaching Points:</b></p> <ul style="list-style-type: none"> <li>• Develop feeling for movement to music</li> <li>• introduction to <b>swings</b>, small and big <b>arm waves</b> and <b>circles</b></li> </ul> <p><b>Safety Precautions</b></p> <ul style="list-style-type: none"> <li>• Make sure kids don't run into each other</li> <li>• Keep enough distance from each other</li> </ul>
<p><b>MAIN CIRCUIT:</b> Parachute Game -Integrate Skills <b>Time: 12-15 minutes</b></p> <p><b>APPARATUS :</b> Parachute Gymnasts can keep wrist ribbons on during parachute activities</p> <ol style="list-style-type: none"> <li>1. Sit around parachute (PC), pick one colour to place feet on, coach/teacher calls out a colour, everyone who sits at this colour stands up and runs around the PC once back to own spot</li> <li>2. Stand around and hold parachute - make waves (small &amp; big)</li> <li>3. Shake PC sideways</li> <li>4. Half of the kids shake parachute, other half steps onto PC and pop bubbles by crawling on all fours</li> <li>5. Everybody stands around PC and holds PC with arms apart, on the count of three lift up PC (don't let go of PC), everyone goes under PC and sits on the edge (make a tent), squeeze more together, tent bubble will rise</li> <li>6. Motor Boat Game – hold PC with one hand, run around while holding PC, freeze (stop the motor), raise parachute high and stretch arms up and bring parachute low and stretch legs.</li> </ol> <p><b>MUSIC: <i>Over the Rainbow</i></b> – Learned movements are put together for a dance Children do various slow body movements, focus on arm movements, then everybody holds edge of parachute, walk around clockwise and counter-clockwise, stop for waves, hide under the tent at the end.</p>	<p><b>Teaching Points</b></p> <ul style="list-style-type: none"> <li>• Spatial Awareness: circle</li> <li>• Up and down, over and under, inside and outside</li> <li>• Soft movements at different speeds</li> <li>• small jumps</li> </ul> <p><b>Safety Precautions</b></p> <ul style="list-style-type: none"> <li>• No bumping into each other</li> <li>• Stay away from hole in the middle of parachute</li> </ul>
<p><b>CLOSING ACTIVITY</b> - <b>Dragons and Teddy Bears</b> <b>Time: 5 minutes</b></p> <p><b>MUSIC: <i>Puff the Magic Dragon or/and How to Train a Dragon/Dragon Flight</i></b> Children "fly" [run, hop, skip, bounce] through the gym, experimenting with learned movements. Encourage them to show their creativity, enjoy movement to music and dance freely throughout the gym.</p> <p><b>GOOD BYE MUSIC: <i>Teddy Bear</i></b> with gymnastics activities / sing with children (See extra sheet for lyrics and associated movements)</p>	<p><b>Comments / Evaluation</b></p> <p>Stamps Stickers or/and Colouring / Activity Sheets</p>

# Rainbow Rhythmics Lesson Plan - 2

Program/Class: Preschool / Kindergarten		Lesson: # 2	Red Day
Location:	Time: 30 minutes	Date:	
<b>Goals / Objectives / Targets / Outcome(s)</b>			
<b>Fun</b>	<b>Fitness</b>	<b>Outcomes</b>	
<ul style="list-style-type: none"> <li>• Traffic on the Road</li> <li>• Drive a car</li> <li>• Go for a bus ride</li> <li>• Day in the city</li> <li>• Be a painter</li> <li>• Marching</li> </ul>	<ul style="list-style-type: none"> <li>• Concept of Stop &amp; Go</li> <li>• Flexibility</li> <li>• Balance</li> <li>• Develop body awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to stop [freeze] and continue movements</li> <li>• Accomplish swings</li> <li>• Develop fine motor skills, progression ring/hoop handling</li> <li>• PE Specific Outcomes: <b>A(K) 5, 12</b> <b>A (1) 5, 12</b></li> </ul>	
<b>Fundamental Movement Patterns – Focus on</b>			
<input checked="" type="checkbox"/> Locomotion	<input checked="" type="checkbox"/> Landings	<input checked="" type="checkbox"/> Statics	
<input checked="" type="checkbox"/> Rotation	<input checked="" type="checkbox"/> Springs	<input checked="" type="checkbox"/> Swings	
<input checked="" type="checkbox"/> Projection	<input checked="" type="checkbox"/> Reception	<input checked="" type="checkbox"/> Rhythm & Dance	
<b>Resources / Venue preparation</b>			
Music:	Props:	Other:	
<ul style="list-style-type: none"> <li>• <i>The Wheels on the Bus</i></li> <li>• <i>Toot Toot Chugga</i></li> <li>• <i>Rock A Motion Choo Choo</i></li> <li>• <i>Schnappi</i></li> </ul>	Little rubber rings Pylons Short Ribbons	Name tags – if needed Stamps Stickers Colouring / Activity Sheets	
<b>1] Starting Activities - Circle Time / Warm Up / Group Lesson:</b>			<b>Time: 3-5 minutes</b>
<b><u>Warm up game “Traffic Lights”</u> - Little rubber rings / pylons / if available mats</b>			
<p>Teacher explains colours of a traffic light and associated movements in the gym:  <b>Red</b> means <b>stop</b>: motorcycle freeze pose, <b>green</b> means <b>go</b>: run, <b>yellow</b> means <b>slow</b>: walk or tiptoe walk            Each gymnast gets a little rubber ring as steering wheel</p> <p>Teacher calls out colours of the traffic light [or in addition holds up coloured items], children do associated gymnastic movements.</p> <p>Add <b>speed bumps</b> [jumps, springs], <b>gas station</b> [balance, stand on one foot, other foot on pylon], <b>car wash</b> [shake body, swing arms as <b>window wipers</b>], <b>wrong way</b> [go backwards], <b>highway</b> [sprint], <b>traffic ramp</b> [jump from edge if mat available], <b>traffic circle</b> [run around hoop or gym cylinder]</p>			

<p><b>2] Short Circuit / Rotation / Game:</b> <b>Time: 5-7 minutes</b></p> <p>Ideas for stretches with little rubber rings:</p> <ol style="list-style-type: none"> <li>1. Peek-A-Boo through ring or balance ring on head: balance on one foot, on knee, on bum, on belly...etc.</li> <li>2. Put foot, leg, hand or arm through ring, lift up and stay in position</li> <li>3. Lay on belly, drive car [roll ring sideways], hold on with both hands</li> <li>4. Straddle seat: roll rings from foot to foot; catch foot with ring; let ring dance [spin ring and rotate on floor]</li> </ol> <p>Or stretches to the song: "The Wheels on the Bus"</p> <p>Do various stretches and pretend to ride a bus along to the lyrics –</p> <p>When the song is finished, ask what else can be done or seen when going for a bus ride – use children's ideas and pretend to do these movements</p> <p>It can be as simple as copying the police man regulating traffic, read a book and switch pages, get ready to go out of the bus: pull up a zipper, wear your gloves, put on your tuque, wave bye-bye</p>	<p><b>Teaching Points:</b></p> <p>Develop creativity and warm up in a fun way, spatial awareness, Use of little rubber rings as progressions for hoop handling in lessons to follow, develop fine motor skills</p>
<p><b>3) Main Circuit / Apparatus : Short ribbons</b> <b>Time: 12-15 minutes</b></p> <p>Be a painter, put stick into paint and pretend to paint the gym walls, ceiling, all around, up &amp; down, left to right</p> <p>Add windows to the room [circles with ribbons in front and on sides]</p> <p>Add a fence [snakes around in various heights]</p> <p>Cook soup or make a tornado [spirals with ribbon]</p> <p>Add snakes in different levels</p> <p>Children line up and slowly walk backwards, painting patterns on the floor</p> <p>Circle, walk one direction: children march like elephants, arm with ribbon is elephant trunk.</p> <p>Moving in the gym to the music: Rock a Motion Choo Choo or Toot Toot Chugga</p>	<p><b>Teaching Points:</b></p> <p>Swings, soft movements, flexibility and strength in wrists</p> <p><b>Safety Precautions:</b></p> <p>Explain appropriate hold for ribbon stick, enough space between children, "ribbon sticks are not weapons"</p>
<p><b>4) Closing Activity:</b> <b>Time: 5 minutes</b></p> <p>Time to be creative - free time"</p> <p>Dance and move around to the music "Schnappi" with or without ribbon</p> <p>Learn how to roll up ribbon sticks</p> <p>[Ensure children are sitting apart from each other while rolling up ribbons]</p> <p>Good Bye Song: "Teddy Bear" with gymnastics activities / sing with children please see extra sheet for lyrics and associated movements</p> <p>Ask children and staff for their "Highlight of the Day"</p>	<p><b>Comments / Evaluation:</b></p> <p>Stamps</p> <p>Stickers or/and</p> <p>Colouring / Activity Sheets for children</p>



Enjoy a series of activity and colouring sheets that reinforce the day's lesson.

## Kindergarten and Grade 1

# Fundamental Movement Skills and Physical Literacy

ABCs of Rhythmic Gymnastics - In-School Field Trip with trained coaches  
Music, Movement & Teamwork combined with Ribbons, Scarves, Ropes, Hoops and Balls

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Receive simple-to-use lesson plans that identify the outcomes and provide fun and creative activities.

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rhythmic gymnastics  
ALBERTA

# FUN WARM-UP AND STRETCHES FOR CHILDREN

A good warm-up of the whole body and major muscle groups is important to be able to perform gymnastic movements safely and to avoid injuries. To make stretching fun we encourage teachers and coaches to tell stories, play games, give challenges which can be achieved and actively participate in the warm-up themselves. These are just a few of the examples that would be included in the Rainbow Rhythmic program.

## Playful Warm-Up Ideas

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**Start with increasing the heart beat and get muscles warm by moving around in the gym:**

Locomotion / Movements / Exercise	Variations:
running, walking, jogging, skipping, galloping, hopping, jumping, crawling, bear-walk, crab-walk, stomping, marching, log-rolling, worm	forward / backward / sideways (f/b/s) / fast / slow / on tip-toes / on heels / different speed / change of directions within the gym / add balances and stops between movements / add arm and wrist circles

**Instead of only giving instructions as seen above, wrap them in stories and show skills yourself:**

- 1) Run:
  - a) fast forward like the fastest cheetah in the world, like you were chased by a tiger
  - b) like you are the world champion in 100m dash
  - c) pretend to rewind a movie tape – run backwards
  - d) be a bird/dragon/butterfly (you can hold scarves or wear wrist ribbons if available)
  - d) run and move arms as wings – now it's getting windy and arms need to flap faster
  - f) alternate: having long wings (use whole arm, movement in shoulder and elbow joints) or having short wings (either put elbows to body core and only use lower arm or only use wrists)
  - g) being caught in a storm: turning on the spot
  - h) land safely and stop
- 2) Walk [forward / backwards / sideways] quietly and slow so nobody knows we are here, then surprise everybody on the count of three by doing one loud jump on two feet
- 3) Jog with a partner and always take turns with one person being the leader, the partner behind catches up and takes the lead, then other partner passes again. See how many times you can switch during one round in the gym
- 4) Walk on heels - Wobble like a penguin: toes up in the air, arms on side of body, hands up
- 5) Walk on tip-toes like a giraffe: Pretend you are the tallest giraffe ever seen and walk on tip-toes, stretch your arms high up in the air, hands holding together pretending hands are head of giraffe. Stretch even higher to pick and eat the highest, juiciest leaves of a tree.

# FUN STRETCHES FOR AGILITY AND FLEXIBILITY

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## 1) Arm swings, hip circles, jumps / turns

### Washing Machine: (if desired create your own vocal additions☺)

children standing, legs and arms spread apart like a star:

“SQUISH-SQUASH-SQUISH-SQUASH” (Arms swing horizontally from side to side)

“ARMS OUT” (Arms spread far apart)

“ARMS IN” (Arms pull fast together, cross in front of chest)

“AND SPIN” (spin or jump around ½ turn or full, then STOP)

Change the washer cycle by turning a button (pretend button on hip):

“children standing, legs spread apart, hands on hips”

“BING-BANG-BING-BANG” (move hips forward and backwards)

Change the washer cycle by turning a button again(pretend button on hip):

“children standing, legs spread apart, hands on hips”

“SHI-CHOO-SHI-CHOO ” (move hips sideways, left and right)

Change the washer cycle by turning a button again(pretend button on hip):

“children standing, legs spread apart, hands on hips”

“SHHHH-SHHHH-SHHH-SHHH”

(move hips around: forwards, left, backwards, right, etc.)

Change the washer cycle by turning a button again(pretend button on hip):

“children standing, legs spread apart, hands on hips”

“D-D-D-D-D...etc.” (move hips wildly and uncontrolled in all directions),  
start to stutter with voice and body – machine is broken and stops.

## 2) Stretch leg muscles, hip flexibility, finger and wrist warm up

### Make a pizza

Children sitting on floor with straight legs spread apart (straddle seat):

#### 1a) Making the dough:

“We pretend to take flour”	reach with both hands to left foot and reach to the middle to put it down
“Let’s add some yeast”	reach with both hands to right foot and reach to the middle to put it down
“Now we need water”	lean a bit forward and pretend to pour water

“And a little bit of salt”:	lean forward and sprinkle a little bit of salt on dough in a circle
“Let’s work the dough”	lean forward and work hard with fingers as well as opening and closing hands to fists
“Take your roller out”	pretend to roll the dough in all directions lean over roll to the middle, roll to the right foot roll to the left foot

### **1b] Add option: Spreading legs further apart depending on group ability:**

“Is a small pizza enough for our group? - NO”	Spread legs further apart
“Is a medium pizza big enough for us? – NO”	Spread legs a bit further
“Do we like a large pizza? – NO”	Spread legs more apart
“Let’s make it extra large! - Yes”	Spread even further apart

### **2] Add ingredients:**

“Let’s put tomato sauce on”	reach with both hands to left foot and reach to the middle to spread it out
“Let’s put some cheese on”	reach with both hands to right foot and reach to the middle to sprinkle cheese moving fingers

“What else do we want on our pizza?”

Now children can add their ideas “ham”, “pepperoni”, “pineapples”, ...etc.

With each new ingredient move and stretch in various directions, you can add stretching with arms up to reach a high cupboard, reaching behind head to get something from the hidden cubby etc.

### **3] Push pizza in the oven:**

“Let’s push it in the oven”	reach with both hands far to the middle
“Watch pizza bake in the oven”	put both elbows on floor if possible, hands holding chin [if too difficult, one elbow on floor, other elbow in hand of other hand, one hand on chin]
“Take pizza out of the oven”	pretend to pull tray out of the oven
“Oh, it’s very hot”	shake hands fast in the air
“Let’s blow to cool pizza down”	hands on knees, bend over and blow while upper body moves low from side to side

### **4] Cut and eat pizza:**

“Let’s cut one slice off”	reach with both hands leg close to hip, slide down with both hands to foot
“Eat a piece of pizza”	hold foot, pull it up towards mouth, [just 😊] pretend to eat it
“Let’s cut another slice off”	reach with both hands to other leg close to hip, slide down with both hands to foot

“Eat this piece of pizza”

hold foot, pull it up towards mouth,  
[just ☺] pretend to eat it

“Eat a big juicy piece”

bend over and try to get nose close to floor,  
pretend to eat pizza,  
if desired try to eat without hands  
and stretch arms sideways/backwards

**5] We ate too much:**

“Oh no, we ate too much”

bend legs and sit in a tuck, holding knees tight

“Let’s do rock and roll”

roll backwards and back to tuck seat

stay tight together, when rolling backwards roll all the way towards shoulders,  
hips off the ground, roll forwards again, kick heels towards bum,  
hold hands to knees, body close to legs, chin tucked in – repeat a few times.

Hope you enjoyed your meal ☺

## Rainbow Rhythmics Course Designer



Connie Bramer has been involved with gymnastics and ballet for 38 years and competed as a provincial level artistic gymnast and as a national stream competitive rhythmic gymnast in Germany. She competed individually and in group rhythmic gymnastics. Connie was the rhythmic gymnastics head coach in Frankfurt. She also ran monthly rhythmic gymnastics camps for national stream gymnasts of the state of Hessen, Germany and worked as a course conductor for rhythmic gymnastics coaches in Hessen, Germany as well. In addition Connie competed and coached Aesthetic Group Gymnastics at the national level until she moved to Canada 1998.

Connie has coached for 28 years - from little toddlers to seniors, and from the first gymnastics steps to national stream rhythmic athletes in Germany. She particularly loves working with children and has a wealth of knowledge about how best to make them comfortable with movement and activity at the youngest ages.

She is certified Level 3 in Germany in Rhythmic Gymnastics and has her recreational All-Round Gymnastics Coaching Certification for the combination of trampoline, rhythmic and artistic gymnastics. Her Canadian NCCP coaching certification includes Pre-School Coach Certification, Level 3 Theory, Level 2 Rhythmic Gymnastics, Level 2 Women Artistic Gymnastics and Level 1 Trampoline. She is an innovative and creative Course Conductor for Rhythmic Gymnastics Alberta and Gymnastics Canada with a wealth of valuable experience in age-appropriate teaching techniques. She also has championed and pioneered the introduction of rhythmic gymnastics in artistic gymnastics settings and taught rhythmic gymnastics to high school and university-level students in Edmonton. Connie is a key instructor for Rainbow Rhythmics school programming in Alberta that teaches rhythmic gymnastics to students and teachers from pre-school to Grade 1.

You can contact Connie at [info@goblinconsulting.com](mailto:info@goblinconsulting.com) or 780-432-9540.