let’s hear from the Preschool Experts

USA Gymnastics University provides live and online courses. Let’s get to know some of the National Instructors who teach these courses as they share additional gymnastics tips.

**Linda Thorberg**  
National Instructor for R102 Preschool Fundamentals: Hands on Training (HOTPS)

All children learn differently. The most effective teacher will use several types of learning styles when instructing the class. The “Tell, Show, Do” method will give all children enough information to get started.

In as few words as possible, explain the activity (auditory learners will understand this). Next, demonstrate it yourself or with another child (this will help visual learners). Finally, assist each child with spotting them through the action, or get them all started and circulate around to help each (Kinesthetic method for those who need to feel the action). Tell, Show, Do!

To review, ask them questions to see who was paying attention, like, “What do I do over here?”

**Michael Taylor**  
National Instructor for U101 Safety and Risk Management and R102 Preschool Fundamentals: Hands on Training (HOTPS)

Helping children in a gymnastics class learn life skills can be very rewarding. Two children racing for... Continued on pg. 22

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