



Welcome to Gymnastics Movement Education!

In order to answer some commonly asked questions, we have prepared the following list of age appropriate skills. Remember that during class your child's attention needs to be directed at their teacher. You may observe from the balcony area but please do not talk to your child unless the instructor asks for your assistance. Please make every effort to have your child arrive for class on time and prepared to participate.

During this session we will be giving your child the opportunity to experience various movement patterns that can help them develop motor perceptive skills. As the students reach the age of 6, the instructors closely monitor a child's progress and potential in order to make recommendations for their future program. Some students will be directed into the Recreational (one or two classes per week) program while others may be recommended for the Developmental (accelerated, two or three classes per week) program. Should you have any questions on your child's development, please do not hesitate to ask your child's teacher or call us anytime. According to the Center for Youth Development at the National Institute for Fitness and Sport, *by the age of 5*, a typical **MINISTARS / SUPERSTARS** student should be at the following level of physical/motor/social development:

- Completely coordinated
- Adult-like postures
- Tremendous physical drive
- Likes to use fine-motor skills
- Learns how to tie bow knot
- Has accuracy, skill with simple tools
- Dresses self completely
- Enjoys jumping, running, doing stunts
- Rides a two-wheeler
- Balances on a high beam
- Jumps rope
- Runs lightly on toes
- Likes to dance; is graceful, rhythmic
- Sometimes roughhouses, fights
- Hops on one foot
- Skips
- Alternates feet descending stairs
- Marches

- Cartwheel
- Slide
- Ties shoes
- Copies square
- Cuts on straight line
- Draws recognizable person
- Upon request, tries to stay in lines when coloring
- Nests boxes correctly
- Copies triangle (6 years)
- Copies diamond (7 years)
- Follows 3-stage request
- Correct use of all parts of speech
- Counts 10 items
- Can group 4 out of 10 objects
- Gives name, age, address, and telephone number
- Five-minute attention span
- Likes to please
- Stands on each foot, with eyes open (10 seconds)
- Stands on each foot with eyes closed (5 - 10 seconds)

*I tried to teach my child with books;
He gave me only puzzled looks.
I tried to teach my child with words;
They passed him by, oft unheard.
Despairingly I turned aside,
"How shall I teach this child?" I cried.
Into my hands he placed the key.
"Come," he said, "play with me."*