



## ***Welcome to Gymnastics Movement Education!***

In order to answer some commonly asked questions, we have printed the following list of age appropriate skills. Remember that during your **KINDERGYM** class you are responsible for staying with your child and guiding their activity within the group. We encourage free movement exploration but ask that you remain close to the group so as to not interfere with the other classes. If your child tends to roam, please redirect them to the proper area with the rest of the class. Non-enrolled siblings, other than infants in carrier seats, are not allowed on the gym floor.

During this session we will be giving your children the opportunity to experience various movement patterns that can help them develop motor perceptive skills. As always, should you have any questions on your child's development, please do not hesitate to ask or call us anytime. According to the Center for Youth Development at the National Institute for Fitness and Sport, a "typical" *two year old* should be at the following level of physical/motor/social development:

- Uses whole body action
- Pushes, pulls, pokes
- Climbs into things
- Leans forward while running
- Climbs stairs one by one
- Dependent on adults for dressing
- Can help undress
- Grasps with two hands
- Awkward with small objects
- Hand preference beginning to develop
- Can rotate to fit objects
- Express emotions bodily
- Sensory-oriented
- Cuts last teeth
- Has difficulty relaxing
- Walks, runs, fairly well
- Kicks large ball
- Picks up objects from floor
- Heel-toe gait
- Toilet trained, dry at night
- Walks on tip-toes
- Jumps with both feet
- Tries to stand on one foot
- Gallops
- Turns door knob
- Washes and dries hands
- Puts on shoes, socks, pants
- Fills spoon
- Over-hand grasp
- Snips with scissors
- Strings beads
- Turns pages one by one
- Unscrews toy nut and bolt
- Recognizes primary colors
- Refers to self by name
- Simple sentences and phrases
- Begins to match 2 pictures or objects
- Plays meaningfully with dolls and toys
- Begins to use pronouns
- Begins to verbalize immediate experience

*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."*