



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 should be directed to their teacher. You may observe from the balcony area but please do not talk to your child unless the instructor asks for your assistance. Make every effort to have your child arrive to 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 perceptive motor skills. Should you have any questions on your child's development, please do not hesitate to ask their teacher or call us anytime. According to the Center for Youth Development at the National Institute for Fitness and Sport, by the age of 4, a typical **NEWSTARS / MINISTARS** student should be at the following level of physical/motor/social development:

- Longer, leaner body build
 - Vigorous, Dynamic, Acrobatic
 - Active until exhausted
 - "Works," builds, drives, pilots
 - Can jump from own height and land upright
 - Hops, skips
 - Throws large ball, kicks accurately
 - Stands on one foot
 - Races up and down stairs
 - Turns, Forward rolls
 - Walks backward, toe-heel
 - Accurate, rash body movements
 - Copies a cross, square
 - Can draw a stick figure
 - Holds paint brush
 - Can lace shoes
 - Dresses self except back buttons, ties
 - Has sureness and control in finger activities
 - Throws ball over-hand (right/left dominance?)
 - Stands on one foot for 2 seconds
 - Tries to hop
 - Jumps on toes
 - Independent eating
 - Dresses and undresses
 - Laces shoes
 - Buttons and snaps
 - Copies cross and circle
 - Washes hands and face
 - Zips up
 - Follows 2-stage request
 - Names primary colors
 - Speaks in complete sentences
 - Speech is understandable
 - Less anxious to please
- 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."*