

# THE SWEET PEA VINE



## Children are Visual Learners

Children, like adults, learn in different ways. Some children are auditory learners and learn best through hearing what they are learning. Others are kinesthetic learners and prefer learning that gives them opportunities to touch and manipulate. Experts believe, however, that **most children are visual learners**.

## Our Developmental Focus

Sweet Peas Gymnastics highlights educational and developmental concepts through the active learning gymnastics classroom. Our "I Spy" theme this month focuses on VISUAL perception. Visual perception is the ability to interpret and understand what is seen. Visual perception helps the brain process what is seen and then form thoughts, make decisions and create action. In our gymnastics class, we are incorporating visual processing through thematic inclusions such as discerning shapes and colors, finding select Sweet Peas characters amongst a varied background; identifying (and mimicking) different gymnastics positions of a character; and using visual memory to identify body parts used in a skill. Our older Sweet Peas will look at a sequence of gymnastics characters and discern how they are shaped differently (tuck, straddle, pike) and then remember and execute that sequence. We will also incorporate skills that focus on visual motor skills such as viewing objects up close and viewing objects from a distance.

## Our Gymnastics Focus

Muscular strength development is one of our gymnastics goals this month. We will work on skills such as hangs on the bar, lifting knees up to pull objects down from the bar and inversion skills on floor where our Sweet Peas learn to support their body weight through their arms and upper body. We are also working on varied forward beam passes and being able to balance on the beam while inverting to look through a cone. This is an introduction to more advanced inversion skills on beam in the years to come! On floor we are practicing forward rolls, donkey kicks and cartwheels and we are busy in vault working on foot placement, hops, rebounds, balance and approach sequences.

We hope you love what you see  
this month in Sweet Peas!

