

# SPROUTZ CLASS

**Class Time:**  
**45 minutes**

**18 Months- 3 YEARS OLD WITH GUARDIAN**

## Physical Development

### FLOOR (with assistance)

- Jump up and down on two feet
- Jump and Freeze
- Jump on one foot
- Animal Walks: Bear, Crab, Camel
- Spiderman
- Forward roll down incline mat
- Backward roll down incline mat
- Donkey kicks land on feet
- Jump from block, land on feet
- The "Rock" of Rock and Roll
- Donkey kick cartwheel over mat both feet
- Horsey Kicks

### BARS (with assistance)

- Hold bar and lift feet of the ground
- Staddle, pike, and tuck hold
- Touch toes to bar
- Monkey hang
- 2 consecutive swings
- Possum Hang
- Assisted Shimmy

### BEAM (with assistance)

- Walk forward, sideways, and backwards
- Bunny hop
- L Kicks
- Bear Walks
- Step over obstacles on the beam

### Trampoline (with assistance)

- Safety position
- Straight jump
- Straddle jump
- Tuck jump
- Seat Drop
- Star Jump

## Social Development

- Before going to preschool, Sproutz will be in their FIRST class like environment! Where they can practice playing with friends while in a learning environment.
- Patience - waiting in line and waiting for their turn
- Demonstrate developing social awareness like sharing and encouraging others

## Cognitive Development

- Learn colors, shapes, and numbers
- Recognize animals and sounds
- Develop a love of learning
- Follow 2-3 simple instructions
- Begin to discern simple special, sequential, and direction relationships

**NEXT LEVEL:**  
**SEEDLINGZ**

