

SEEDLINGZ CLASS

Class Time:
45 minutes

3-4 Years Old

Physical Development

FLOOR

- Independent Forward Roll & Stand Up
- Spiderman Handstand
- Monkey Jumps Over Mat
- Lunge Position
- Donkey kicks in a row
- T - Touch
- Cartwheels (Hand, Hand, Foot, Foot)
- T - Hop
- Spotted Backward Rolls
- "Ta-Da"

BARS

- Swing and Dismount
- Shimmy
- Hanging positions tuck, pike & straddle, butterfly hang lifting bean bags with feet to bucket
- Pike swings,
- Front Support
- Casts
- Roll Downs

BEAM

- Walk forward, on tippy toes, kicks, and hops
- Stepping over objects on beam
- Picking up objects on the side of beams
- L-Kicks
- V-Sit
- Releve Pivot Turn
- Squat on Beam

Trampoline

- Tuck Jump and Land
- Straight Jumps
- Safety Position
- Seat Drop
- Jump ½ and Full Turn
- Star Jump

Social Development

- Seedlingz are learning how to be independent and tackle challenges by themselves around their peers.
- Seedlingz develop social awareness through sharing, waiting in line, and being in a class environment!

Cognitive Development

- Learn colors, shapes, and numbers
- Understand animals and sounds
- Develop a love of learning
- Follow 3-4 simple instructions
- Participate in group counting 1-10, 1-20, or 1-30.
- Distinguish left from right (developing)

**NEXT LEVEL:
BRANCHERZ**

SEEDLINGZ

TUMBLE
KIDZ

**KIDZ
GYM**