



Sports, Movement & Motor Skills

Class Description: The children are introduced to a variety of sports, such as basketball, soccer, baseball, and hockey. Classes are offered between September – May.

Class Overall Objectives:

- Having fun with fitness activities and exercises.
- Developing coordination, balance, and agility skills.
- Gaining individual skill growth.
- Following directions, listening skills, and sharing.
- Building communication and sportsmanship.

Age-Appropriate Goals:

3 – 4 years old:

- Familiarizing children with different equipment and rules for each sport.
- Introducing different sports terminology and what they mean for each sport.
- Improving their tracking skills.

4 - 5 years old:

- Building upon the goals for 3s.
- Introducing basic game rules.
- Learning about teamwork and sportsmanship.

SPORTS



Fee: \$50.00 per month

Schedule: September - April

Lochinvar: Wed., 9:30AM – 10:30AM

Monroe: Mon., 9:30AM – 10:30AM

Contact: [Mr. Neptali Ramirez](#)

Class Description: These introductory classes help children to gain basic skills and familiarity with fun and healthy activities that are essential to their motor development. Classes are offered between September – May.

Class Overall Objectives:

- Introducing to gymnastics and tumbling by using basic mat tumbling, hula hoops, bean bags, and scarves.
- Learning how to take turns, share, make eye contact, and listen to instructions.
- Teaching coordination, directional movement, balance, and jumping.
- Understanding body awareness, spatial awareness, coordination, and balance.

Age-Appropriate Goals:

2 - 3 years old:

- Learning how to move different body parts in different ways depending on the activities.
- Understanding what tracking is.
- Acquiring balancing Skills.

4 - 5 years old:

- Understanding how to move different body parts in different ways.
- Improving their tracking skills and balance.

MOVEMENT



Fee: \$50.00 per month

Schedule: September - April

Lochinvar: Thurs., 10:00AM – 11:00AM

Monroe: Not Available

Contact: [Mr. Neptali Ramirez](#)