



# Gym Kids - Preschool Readiness\*

Children learn best through play, and they develop their skills through play. For children to learn new tasks, or to change the way they usually do things, it is best to **engage them in fun activities** that allow them to **experience success**.

The goal for the Gym Kids Program is to ready children for the Preschool experience through Fundamental skills. This Program will work on all aspects of age appropriate child development while always keeping in mind the building of self-confidence in every child.

**\*This is not a Preschool Program it is a readiness program.**

## Days & Time

- Tuesday & Thursday 10:00 – 11:30 am
- 12 weeks from March 1 – May 26
- Cost \$100 a month & \$15 Registration Fee

## Children must be:

- At least 3 years of age
- Potty trained
- Ready to have FUN!

## Overall goals for this class:

- To physically develop flexibility, strength, balance, and coordination
- To mentally develop discipline and a positive self-concept
- Language and conceptual development
- Social Development - anxiety, space, sharing, communicating
- Sensory learning - matching similar objects, things are there when not in view, development of depth perception

## Gym Kids Fundamental skills to help us reach overall goals:

### Gross Motor

Gross motor refers to larger muscles groups of the body. Movements of the whole arm, the legs, the trunk, are all gross motor movements. Thus, gross motor skills are skills that develop through using the large muscles of the body in a coordinated and controlled way. Many people think that gross motor skills enable a child to be good at sports. They are only partly correct. Good gross motor skills can do so much more than that – they can influence a child's **ability to write well, to read well and even to concentrate in the classroom.**

### Coordination

Whether playing games, taking part in sports or doing schoolwork, coordination skills are very important. Many tasks which require coordination also require the child to be able to plan well – being able to time their movements, predict what will happen if they do something, and react to a situation (eg a ball coming at them more slowly than expected) as well as using symmetrical movements (eg rolling a rolling pin back and forth) We will work on both **bilateral coordination and hand eye coordination.**

### Hand Dominance

When one hand is consistently used more than the other hand, and is more skilled at tasks than the other hand, then that hand is considered to be the **dominant hand**. Most children will begin to develop a dominant hand between 2 and 4 years of age. Some people are good at using both hands, but it is much better for a child to develop strength and dexterity in one hand. This will help them to develop accuracy and speed with fine motor tasks, particularly handwriting.

### Midline Crossing

Midline Crossing is the ability for one hand to spontaneously move over to the other side of the body to work there. Before this ability is established, you may have noticed that your young child tends to use the left hand on the left side of the body and the right hand on the right side of the body. You might ask, why is midline crossing so important? When your child spontaneously crosses the midline with the dominant hand, then the dominant hand is going to get the practice that it needs to develop good fine motor skills. If your child avoids crossing the midline, then both hands will tend to get equal practice at developing skills, and your child's true handedness may be apparently delayed which can make handwriting very awkward for them. We WILL NOT ever try to make a child dominant with one hand over the other; we will be working skills to help them determine which is the dominant hand.

### Fine Motor

Fine motor control generally refers to control over the small movements of the hands and fingers, as well as the small muscles of the face, mouth (tongue) and feet. However, the focus is usually on developing the skills of the **small muscles in the hands.**

## Owego Gymnastics & Activity Center

748 State Route 38 – Owego, NY 13827 (607)687-2458  
OwegoGymnastics.com (Gym Kids Page) owegogymnastics@gmail.com