

SWEET Peas

Educational Gymnastics



Please see website for current pricing and class times.

Sweet Peas is an educational gymnastics program designed to promote physical, social, and cognitive development in children 6 mo. to 6 yrs.

This program focuses on age appropriate gymnastics activities that foster coordination, balance, core strength, bilateral awareness, and flexibility. Taught in a social, collaborative environment, Sweet Peas provides important life lessons in self-awareness, courage, success, and friendship. The curriculum is centered around excellent progressive gymnastics training which incorporates color recognition, language development, spatial relations, music awareness, measurements, and counting skills. The Sweet Peas program engages children through expertly designed lesson plans that provide structure and productivity in the gymnastics classroom while at the same time allowing flexibility and pacing for each unique child.

Developed by early childhood experts with experience and training in gymnastics and active learning, Sweet Peas classes expertly blend brain development objectives with joyful and energetic gymnastics based active learning.

Class

Ages

Class Length

Wee Pea

6-12 Months

30 Minutes

Educational Gymnastics w/ adult participation

Carefully designed for babies learning to sit and crawl, Wee Peas provides our littlest scooters with active learning activities that focus on whole baby development. Wee Peas are given opportunities to move, reach, and grasp in a baby safe environment that is rich with color, sound and tactile experiences. Wee Peas enjoy activities that promote visual tracking, core strength, and balance needed for sitting and standing. The Wee Pea curriculum includes activities that promote grip strength and hand coordination in grasping objects and releasing. Objectives include activities that promote crossing the mid-line and bilateral awareness needed for crawling and walking. Wee Peas work on spatial awareness and positional comfort through gentle developmentally appropriate rolling and inversion exercises.

Movement primes Wee Peas for learning. The Sweet Peas Educational Gymnastics Program is designed to provide fun and delightful cognitive and developmental opportunities in an active learning environment

1 Pea

1-2 Years

30 Minutes

Educational Gymnastics w/ adult participation

The active learning goals of 1 Peas promote neural development in the amazing one-year old brain. The 1 Pea curriculum is designed to provide enriching activities in a safe and fun environment. 1 Peas will learn self-awareness and physical adaptation through developmentally appropriate gymnastics activities such as stepping, rolling, balancing, sliding and swinging.

The 1 Pea curriculum is designed to enhance the direct connection between active movement and brain processing. Gymnastics provides opportunities to balance, hold, reach, grip and bounce. 1 Peas are learning and growing at an amazing pace as they transition from babyhood to toddler-hood.

2 Pea

2-3 Years

30 Minutes

Educational Gymnastics w/ adult participation

The 2 Peas program is designed to capitalize on the rapidly improving physical, cognitive and language development of two-year olds. The 2 Pea curriculum offers opportunities for gross motor skill development with whole body activities in developmentally appropriate circuits. 2 Peas learn to run with developing synchronization; step, hold and balance on alternate feet; roll forward, sideways and backwards on a wedge with a spot; and transfer weight from feet to hands and back. They are introduced to concepts of recognition, compare and contrast, and distinction through use of basic shapes in equipment and learning resources used in class. 2 Peas begin to recognize colors through materials and activities in class; begin to recite numbers through counting or listening while performing physical motions; and increase language development through physical activities promoting word association. The 2 Pea program is designed to provide a multi-sensory educational gymnastics experience that prepares the 2 Pea to engage his or her occipital lobes through experience with shape patterns and colors.

Our 2 Pea goal is to provide fun, quality gymnastics activities that foster the important neural development of our amazing two-year olds.



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Educational Gymnastics



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Class

Ages

Class Length

3 Pea

3-4 years

40 Minutes

Educational Gymnastics w/ adult participation

The 3 Pea curriculum is designed to provide skill development on floor, beam, bars, and vault. Three Peas work on forward rolls, straddle rolls and cartwheels. They increase their balance with beam work that includes alternating forward kicks, squat holds, relevé walks and bear crawls. 3 Peas develop core strength by learning to draw to a tuck from a straight hang on the bars and execute forward rolls over the bar. Their vault skills include punching the board with both feet, a squat on to a block, and donkey kicks. 3 Peas are introduced to instructions that incorporate spatial, sequential and directional cues.

They are continuing to develop an understanding of differences in color, shape, size and color. 3 Peas is designed to provide a multi-sensory, educational gymnastics experience that provides an active learning platform that will promote brain development, social development, and overall well-being. The Sweet Pea curriculum provides early opportunities for three-year olds to learn language skills, differentiation skills, sequencing, color, and shape recognition while actively engaged in physical movement. 3 Peas is an amazing program that will provide your child with unparalleled physical, social and developmental

4 Pea

4-5 years

40 Minutes

Educational Gymnastics w/ adult participation

The 4 Pea curriculum embraces the 4-year old's readiness for learning and provides a dynamic educational gymnastics environment. 4 Peas work on forward rolls, straddle rolls, and backward rolls on both a wedge and on the floor. They are practicing straighter legs and longer holds in the execution of their skills. 4 Peas are working on their balance with skills on beam such as straight jumps, alternating kick passé sequences and 4 Pea arabesques. 4 Peas are gaining speed and accuracy on the vault. They are mastering their squats, donkey kicks with horizontal hips, and jumping on and off a block.

The educational gymnastics focus for 4 Peas continues with number and letter recognition, group counting, group singing, increased differentiation of left and right, positive peer interactions, and increased independence in following instructions and participating in structured station-based activities. The 4 Peas program provides an educational environment where children can experience active learning, predictable structure, positive peer associations, successful independence from parents and balanced learning.

5/6 Pea

5-7 years

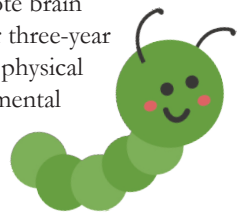
50 Minutes

Educational Gymnastics w/ adult participation

Five/Six Peas are refining their technique with focus on form and lines. The Five/Six Pea curriculum includes bridges, handstands, cartwheels, straight-legged tables and stronger executions of rolls – all with increasing form and technique. Five/Six Peas can hold their relevés and arabesques on a beam and are developing the core strength needed to hold tucks, straddles, and pikes on the bars. Five/Six Peas are mastering the vault runway with sequenced runs and advancing floor sequences that combine rolls, jumps, lunges, turns and finishes. They are punching the board with two feet and their vaults now include stretch jumps, squats onto the block, and forward rolls. The Five/Six Pea curriculum also includes the added learning challenge of properly counting and executing skills to music beats and claps.

The Five/Six Pea curriculum capitalizes on the amazing, compounding cognitive and social development of the Five/Six Pea. Our educational gymnastics curriculum incorporates gymnastics terms, independent counting, group presentation and recognition of the alphabet, interpretation of music, recognition of timing and counts in music, and increased awareness of spatial relationships.

Our program objectives for Five/Six Peas include developing the ability to form meaningful friendships and feeling joy and confidence in learning. The early years are incredibly important to a child's life-long ability and desire to learn. The Sweet Peas educational gymnastics program provides an amazing foundation for children and prepares them for physical, academic and social success in the years to come.



Register at northcrestkids.com