

Me and My Shadow

- Learn key body shapes: tuck, straddle, pike, straight, butterfly, and table
- Begin hopping, jumping, and running on different surfaces
- Gain the coordination to jump on trampoline/tumble trak
- Develop grip strength on bars and rings with the ability hold body weight
- Walk on preschool beams with minimal assistance
- Develop body and spatial awareness
- Demonstrate competency in listening and following directions independently