



3 YEAR OLD'S GYM N LEARN DAILY SCHEDULE

Time	Activity	Description
15 minutes	Choice Time	Choose activity table to enhance daily curriculum
30 minutes	Gymnastics Lesson	Gymnastics skills on the Bars, Beam, Trampoline and Floor
15 minutes	Greeting Activity	Activity Tables that review concepts presented in class
15 minutes	Circle Time	Pledge with Stamp and Calender, Weather, Days of the Week, Months of the Year, and curriculum song
15 minutes	Fine Motor	Daily activity to reinforce letters, numbers and shapes
15 minutes	Art	Painting, Coloring, Cutting, and Gluing Crafts related to weekly theme and curriculum
15 minutes	Computer Lab	Counting, patterning, sorting with educational software and introduction to basic computer skills
15 minutes	Story Time	Read a theme-based story to children
10 minutes	Teacher Talk/Ending Activity	Teacher tells parents about daily activities and upcoming events. Students receive stickers and school bags.
*** Schedule is subject to change***		

CURRICULUM

Pre-Writing Skills

- Trace basic shapes
- Recognize colors
- Trace child's name

Math Skills

- Count numbers (1-10)
- Recognize numbers (How many bananas?)
- Name eight basic shapes
- Build geometric pictures
- Recognize different lines (wavy, straight, dotted)

Nutritional Skills

- Identify "always" food vs "sometimes" food
- Give examples of various types of food (Is this carrot a fruit or a

vegetable?)

- Enjoy exercising
- Keeping rhythm to music

Basic Rules

- Cooperate with other children
- Wait in line
- Move from one area to another in a "train" line
- Listen and follow directions
- Share with other people

Fine Motor Skills

- Work with puzzles
- Pre-cutting and gluing daily art project
- Holding writing tool correctly
- Write the alphabet
- Trace alphabet letter

Gross Motor Skills

- Balance on a beam
- Jump in various directions on a trampoline
- Hop from one block to another
- Stand on one foot
- Hang in different positions on the bars

Technology Skills

- Click mouse
- Drag mouse
- Exit software



4/5 YEAR OLD'S GYM N LEARN DAILY SCHEDULE

Time	Activity	Description
45 minutes	Gymnastics Lesson	Gymnastics skills on the Bars, Beam, Trampoline and Floor
15 minutes	Choice Time	Children dress self, select puzzle, sorting activity, patterning
15 minutes	Circle Time	Pledge with Stamp and Calender, Weather, Days of the Week, Months of the Year, and song of the month
30 minutes	Learning Centers	Children rotate to different activities to reinforce letters, numbers, shapes, colors and patterns
15 minutes	Art	Painting, Coloring, Cutting, and Gluing Crafts related to weekly theme
15 minutes	Computer Lab	Counting, patterning, identifying letter sounds with educational software and introduction to basic computer skills
15 minutes	Rapid Reader	Select a book and read through pictures and simple words or Teacher reads a theme-based story to children
10 minutes	Teacher Talk/Ending Activity	Teacher tells parents about daily activities and upcoming events. Students receive stickers and school bags.
*** Schedule is subject to change***		

CURRICULUM

Pre-Writing Skills

- Recognize alphabet letters
- Identify beginning sounds
- Match colors with color words
- Identify basic shapes with shape word
- Write child's name (first and last)

Math Skills

- Count various objects (veggies or fruits)
- Recognize numbers (How many bananas?)
- Identify phone number
- Recognize address

Nutritional Skills

- Identify "always" food vs "sometimes" food

- Give examples of various types of food (Is this carrot a fruit or a vegetable?)
- Enjoy exercising
- Keeping rhythm to music

Basic Rules

- Cooperate with other children
- Wait in line
- Move from one area to another in a "train" line
- Listen and follow directions
- Share with other people

Fine Motor Skills

- Build patterns with blocks
- Trace shapes and letters
- Cut simple projects (snip a round apple)

- Hold writing tool correctly
- Write the alphabet

Gross Motor Skills

- Balance on a beam
- Jump in various directions on a trampoline
- Hop from one block to another
- Stand on one foot
- Hang in different positions on the bars

Technology Skills

- Click mouse
- Drag mouse
- Exit software