



Programming Developmental Index

Attaining the milestones of
a healthy, happy life through
Fun, Fitness, and Friends!



Little Bundles: Ages 6 wks-6 mos

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Little Bundles Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 6 weeks and 6 months. Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
Circle Time: Hello Song and Introductions	<ul style="list-style-type: none"> Grasps what is put in his/her hand but does not know how to let go yet Can shake a rattle (fine motor) Reaches to grasp objects (fine motor) Plays with fingers 	<ul style="list-style-type: none"> Knows his/her own name (linguistic) <i>* Circle Time helps children learn about structured activities. (educational)</i> 	<ul style="list-style-type: none"> Responds to own name (self-esteem) Enjoys peers of like age (socialization)
Circle Time: Tykesercise	<ul style="list-style-type: none"> Increased muscle strength May start to roll over (5 months) <i>* Baby exercise helps to loosen and stretch child's arms and legs.</i> 	<ul style="list-style-type: none"> Responds well to tactile, auditory, and visual stimulation <i>* Baby exercises reinforce this.</i> 	<ul style="list-style-type: none"> Likes to watch adults repeat funny actions (emotions)
Circle Time: Song Time	<ul style="list-style-type: none"> Turns head toward direction of sound, likes music (senses) Moves arms and legs (gross motor) Can sit for short periods of time (5 months), sits on own nearing 6 months 	<ul style="list-style-type: none"> Moves body to rhythm of music (artistic) <i>* Songs help teach babies to put actions to music.</i> Consciously repeats certain sounds 	<ul style="list-style-type: none"> Further develops connection with parent (self-esteem) Makes high-pitched sounds
Circle Time: Dance	<ul style="list-style-type: none"> Smiles when stimulated <i>* Dancing soothes babies. (senses)</i> 	<ul style="list-style-type: none"> Learning about rhythm (artistic) <i>* Dancing with babies while holding them in different positions is a great way for infants to see the world in new ways.</i> 	<ul style="list-style-type: none"> Bonding (communication, emotions) <i>* Dancing while holding baby develops physical closeness between child and parent.</i>
Circle Time: Discussion/ Tummy Time	<ul style="list-style-type: none"> Lifts head 45 degrees while lying on stomach to observe surroundings (3 months) (gross motor) <i>* Tummy Time helps to strengthen baby's tummy, back, arm, and neck muscles.</i> 		<ul style="list-style-type: none"> Visually follows along (communication)



Little Bundles: Ages 6 wks-6 mos

Class Ingredient

Physical Development

(Senses, Fine & Gross Motor Skills)

Cognitive Development

(Logical, Artistic, Linguistic, Educational)

Social Development

(Emotions, Communication, Self-Esteem)

Explore Time with Adventure/Big Swing Skill Stations

- Interested in textures, likes to touch things (senses)
- Likes motion and stimulation (balance)
- Baby's chest, arm, and back muscles are developing. (gross motor)
- * *Skills that go upside down (inverted postures) help babies with motion, sensory stimulation, and digestion.*

- Interested in different surfaces and different surroundings (logical)

- Curious
- Dependent (emotions)

Game

- Responds to bells/sounds

- Visually follows people walking by or around him/her (communication)
- * *Games are fun visual and physical stimuli for babies and parents alike.*

- Enjoys seeing other babies
- Likes movement and motion

Puppet Show

- Visually tracks objects (senses)

- Becomes interested in bright colors and black and white pictures (artistic)

- Responds to music (communication)

New Song

- * *Babies can tell the difference between a singing voice and a speaking voice, and they are often soothed by the sound of singing. It's a good idea to sing familiar songs, which they will learn through repetition, and to add new songs to their repertoire as well.*

- * *Music encourages language, logic, and rhythmic abilities.*



Tiny Tykes: Ages 7-13 months

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Tiny Tykes Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 7 and 13 months.

Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
Circle Time: Hello Song & Introductions	<ul style="list-style-type: none"> Sits independently (gross motor) Claps (fine motor) 	<ul style="list-style-type: none"> Knows his/her own name (linguistic) <i>* Circle Time helps children learn about structured activities. (educational)</i> 	<ul style="list-style-type: none"> Responds to own name (self-esteem) Sees and interacts with peers of like age (socialization)
Circle Time: Warm-Up	<ul style="list-style-type: none"> Increased muscle strength <i>* Baby exercise helps to loosen and stretch child's arms and legs.</i> 	<ul style="list-style-type: none"> Responds well to tactile, auditory, and visual stimulation <i>* Baby exercises reinforce this.</i> 	<ul style="list-style-type: none"> Imitates actions and follows simple instructions (communication) Likes to watch adults repeat funny actions (emotions)
Circle Time: Song	<ul style="list-style-type: none"> Works on clapping, finger play, opening and closing hands (fine motor skills) Likes to make sounds and is interested in sounds (senses) Learns about fingers and simultaneous use of both hands (fine motor) 	<ul style="list-style-type: none"> Moves body to rhythm of music (artistic) Imitating words (linguistic) <i>* Songs help teach babies to put actions to music.</i> 	<ul style="list-style-type: none"> Follows simple instructions (communication) Likes to watch adults repeat funny actions (emotions) Further develops connection with parent (self-esteem)
Circle Time: Practice Skill	<ul style="list-style-type: none"> Performs simple movements such as opening and closing hands (grip reflex/fine motor) Balance increases. (gross motor) Baby's chest, arm, and back muscles are developing. (gross motor) <i>* Skills that go upside down (inverted postures) help babies with motion, sensory stimulation, and digestion.</i> 	<ul style="list-style-type: none"> Begins to follow directions (educational) Understands basic concepts (logical) 	<ul style="list-style-type: none"> Visually follows along (communication) Imitates actions of others (self-esteem) <i>* Practice Skills work on cooperation - child working with parent.</i>
Circle Time: Dance	<ul style="list-style-type: none"> Claps, crawls, and may start to walk (fine and gross motor) Bounces/bends knees up and down with assistance (gross motor) 	<ul style="list-style-type: none"> Learning about rhythm (artistic) <i>* Dancing helps teach babies to put actions to music.</i> 	<ul style="list-style-type: none"> Bonding (communication, emotions) <i>* Dancing develops physical closeness between child and parent.</i>



Tiny Tykes: Ages 7-13 months

Class Ingredient

Physical Development

(Senses, Fine & Gross Motor Skills)

Cognitive Development

(Logical, Artistic, Linguistic, Educational)

Social Development

(Emotions, Communication, Self-Esteem)

Explore Time with Adventure

- Interested in textures, likes to touch things (senses)
- Climbs up onto things

- Interested in different surfaces and different surroundings (logical)

- Curious, likes to explore (emotions)
- Dependent (emotions)
- Interested in people and likes attention from other people (communication)

Skill Stations

- Crawls and/or walks with support or takes 3-4 steps (gross motor)
- Develops firm grip reflex (fine motor)

- Follows simple directions
- * *Interacting with teachers during skill stations helps promote children's learning and listening.*

- Can be extremely attached to mother (emotions)
- * *Skill Stations help babies learn to interact with a teacher, which helps foster independence from parent.*

Swings with Big Swing & Big Deal

- Likes motion and stimulation (balance)

- Learns cause and effect - The swing gets closer and then farther from Mommy.

- Enjoys Mommy and Daddy
- * *Swing Time promotes bonding.*

Separation Time

- Works to get to a toy that is out of reach (fine and gross motor)
- Reaches to grasp toys and objects (fine motor)

- Visually follows people walking by or around him/her
- * *Games are fun visual and physical stimuli for babies and parents alike.*

- Can be extremely attached to mother (emotions)
- * *Separation Time helps babies learn to interact with teachers and peers, which helps develop independence.*

Game

- Likes to look at mirror and other children (senses)

- Visually follows people walking by or around him/her
- * *Games are fun visual and physical stimuli for babies and parents alike.*

- Likes to play simple games like peek-a-boo (self-esteem)

Ending

- Visually tracks objects at fast pace now (senses)
- Moves body to music and rhythm (senses)

- Becomes interested in pictures and visual objects (artistic)
- Grasps the concept of colors

- Imitates actions and responds to music (communication)



Waddlers: Ages 14-22 months

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Waddlers Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 14 and 22 months.

Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
Circle Time: Hello Song & Introductions	<ul style="list-style-type: none"> • Claps (fine motor) • Enjoys music 	<ul style="list-style-type: none"> • Knows his/her own name (linguistic) • Ability to sit for short periods of time * <i>Circle Time helps children learn about structured activities. (educational)</i> 	<ul style="list-style-type: none"> • Sees and interacts with peers of like age (socialization) • Enthusiastic about company of other children
Circle Time: Warm-Up	<ul style="list-style-type: none"> • Increased muscle strength * <i>Exercise helps to loosen and stretch child's arms and legs.</i> 	<ul style="list-style-type: none"> • Likes repetition and familiarity • Identifies three body parts if someone names them: "Show me your nose (toe, ear)." 	<ul style="list-style-type: none"> • Mimics what others do
Circle Time: Song	<ul style="list-style-type: none"> • Enjoys clapping and is learning about finger play (fine motor) • Uses both hands simultaneously (fine motor) 	<ul style="list-style-type: none"> • Enjoys rhymes and songs; tries to join in * <i>Songs help teach toddlers to put actions to music.</i> 	<ul style="list-style-type: none"> • Imitates actions and follows simple instructions (communication) • Likes to watch adults repeat funny actions (emotions) • Further develops connection with parent (self-esteem)
Circle Time: Dance	<ul style="list-style-type: none"> • Tries to jump up and down with both feet; may be able to jump * <i>Dancing helps develop gross motor skills.</i> 	<ul style="list-style-type: none"> • Learning about rhythm (artistic) * <i>Dancing helps teach toddlers to put actions to music.</i> 	<ul style="list-style-type: none"> • Imitates actions of others (self-esteem)
Circle Time: Practice Skill	<ul style="list-style-type: none"> • Typically likes going upside down (senses) 	<ul style="list-style-type: none"> • Follows simple instructions 	<ul style="list-style-type: none"> • Bonding with parent



Waddlers: Ages 14-22 months

Class Ingredient

Physical Development

(Senses, Fine & Gross Motor Skills)

Cognitive Development

(Logical, Artistic, Linguistic, Educational)

Social Development

(Emotions, Communication, Self-Esteem)

Explore Time, Adventure, Skill Stations

- Crawls quickly and skillfully
- Walking or close to walking; may be running
- Has strong grip/hold

- Understands simple directions
- * *Interacting with teachers during skill stations helps promote learning and listening.*

- Curious, likes to explore (emotions)
- Can be attached to mother (emotions)
- * *Skill Stations help children learn to interact with a teacher, which helps foster independence from parent.*

Swings with Big Swing & Big Deal

- Enjoys swinging motion

- Enjoys Mommy and Daddy
- * *Swing Time promotes bonding time.*

Separation Time

- Can bend over and pick up an object
- Puts objects into containers
- May be able to build a tower of two blocks
- Can put toys away and often enjoys doing so

- Discovering cause and effect
- Enjoys pushing or pulling toys while walking

- Engages in "parallel play"
- May be attached to mother (emotional)
- * *Separation Time helps toddlers learn to interact with a teacher, which helps foster independence from parent.*

Game

- Throws ball underhand but may not let go
- May kick a ball forward

- Understands more than he/she can express
- Enjoys object-hiding activities

- Likes to play simple games like peek-a-boo (self-esteem)

Ending

- Claps, sways to music

- Enjoys story time
- Likes visual stimulation

- Enjoys being held and read to



Gymsters: Ages 23 mos-2.5 yrs

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Gymsters Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 23 months and 2 ½ years.

Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
Circle Time: Hello Song & Introductions	<ul style="list-style-type: none"> Claps (fine motor) Enjoys music 	<ul style="list-style-type: none"> Knows his/her own name (linguistic) Ability to sit for short periods of time * Circle Time helps children learn about structured activities. (educational) 	<ul style="list-style-type: none"> Sees and interacts with peers of like age (socialization) Enthusiastic about company of other children
Circle Time: Warm-Up	<ul style="list-style-type: none"> Increased muscle strength * Exercise helps to loosen and stretch child's arms and legs. 	<ul style="list-style-type: none"> Likes repetition and familiarity Can name about 6 body parts or more 	<ul style="list-style-type: none"> Imitates actions and follows simple instructions (communication) Likes to watch adults repeat funny actions (emotions)
Circle Time: Song	<ul style="list-style-type: none"> Enjoys clapping and is learning about finger play (fine motor) Likes to sing Uses both hands simultaneously (fine motor) 	<ul style="list-style-type: none"> Moves body to rhythm of music (artistic) Learning about concepts like up and down/left and right (logical) Imitating words (linguistic) Learning counting and alphabet (educational) * Songs help teach toddlers to put actions to music. 	<ul style="list-style-type: none"> Imitates actions and follows simple instructions (communication) Likes to watch adults repeat funny actions (emotions) Further develops connection with parent (self-esteem)
Circle Time: Dance	<ul style="list-style-type: none"> Claps, twists, walks, and runs (fine and gross motor) Tries to jump up and down with both feet; some children can jump with both feet at the same time. 	<ul style="list-style-type: none"> Follows simple directions (educational) Understands basic concepts (logical) 	<ul style="list-style-type: none"> Imitates actions of others (self-esteem)
Circle Time: Practice Skill	<ul style="list-style-type: none"> Typically likes going upside down (senses) 	<ul style="list-style-type: none"> Follows simple instructions Enjoys showing mastery of a simple task 	<ul style="list-style-type: none"> Bonding with parent Eager to receive praise
Explore Time and Adventure	<ul style="list-style-type: none"> Active; runs and climbs on things 		<ul style="list-style-type: none"> Curious, likes to explore (emotions) Dependent (emotions) Interested in people and likes attention from other people (communication)



Gymsters: Ages 23 mos-2.5 yrs

Class Ingredient

Physical Development (Senses, Fine & Gross Motor Skills)

Cognitive Development (Logical, Artistic, Linguistic, Educational)

Social Development (Emotions, Communication, Self-Esteem)

Skill Stations

- Can walk more erect and around obstacles
- Has strong grip/hold
- Balances on each foot for one second

- Follows simple directions (communication)
- * *Interacting with teachers during skill stations helps promote learning and listening.*

- Can be attached to mother (emotions)
- * *Skill Stations help children learn to interact with a teacher, which helps foster independence from parent.*

Swings with Big Swing & Big Deal

- Able to sit on backless swings and learning about pumping

- Enjoys Mommy and Daddy
- * *Swing Time promotes bonding time.*

Parent Share

- Throws ball overhand
- Has more developed fine motor skills such as gripping, finger dexterity

- Has imaginative thinking

- Enjoys working with parent, being helpful with simple tasks

Separation Time

- Eye-hand movements better coordinated
- Can put objects together, take them apart; fit large pegs into pegboard

- Does simple classification tasks based on single dimension (separates toy dinosaurs from toy cars)
- Attends to self-selected activities for longer periods of time
- Discovering cause and effect

- Identifies a friend by name
- Slightly more interactive play instead of just parallel play
- May be attached to mother (emotional)
- * *Separation Time helps toddlers learn to interact with a teacher and other children, which helps foster independence from parent.*

Game

- Plays make-believe

- Likes to play simple games like hide and seek (self-esteem)

Ending

- Claps, sways to music
- Enjoys puppet shows, visual stimulation

- Names familiar objects
- Enjoys story time
- Enjoys participating while being read to (linguistic)

- Enjoys being held and read to



Terrific Tots: Ages 2.5-3.25 years

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Terrific Tots Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 2½ and 3¼ years.

Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
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Circle Time: Hello Song & Introductions

- More language ability
- Tells about objects and events not immediately present (This is both a cognitive and linguistic advance.)

- Spontaneously shows affection
- Can sit for short periods of time (self-control)

Circle Time: Warm-Up

 Achievements Building Block

- Balances on one foot (for a few moments)
- Jumps up and down, but may fall
- Runs

- Has more self-control
- Can name at least 6 body parts

- Watches and imitates the play of other children

Circle Time: Song

- Can manipulate fingers into actions when following along with songs
- Likes to sing

- Getting ready for school activities
- Learning alphabet and counting numbers

- Names familiar objects

Circle Time: Practice Skill

- Typically likes going upside down (senses)

- Follows simple instructions
- Enjoys showing mastery of a simple task

- Bonding with parent
- Eager to receive praise

Circle Time: Dance

 Milestones Building Block

- Moves body to music
- Jumps, twists
- Some children can gallop.

- Enjoys dancing and feeling rhythm

** Dancing with youngsters promotes parent-child bonding.*



Terrific Tots: Ages 2.5-3.25 years

Class Ingredient

Physical Development

(Senses, Fine & Gross Motor Skills)

Cognitive Development

(Logical, Artistic, Linguistic, Educational)

Social Development

(Emotions, Communication, Self-Esteem)

Play Time Rules and Explore Time

- Walks up and down stairs without help
- Squats for long periods while playing

- Demonstrates increasing independence
- Expresses more curiosity about the world

- Shows signs of empathy and caring: comforts another child if hurt or frightened; appears to sometimes be overly affectionate in offering hugs and kisses to children

Social Building Block

Skill Stations

Balancing and Agility Building Block

Beginning Tumbling and Hanging Building Block

- Balances momentarily on one foot
- Broad jumps
- Climbs stairs unassisted (but not with alternating feet)

- Responds to commands; follows directions
- Better attention span, yet often limited
- Attends to self-selected activities for longer periods of time

- Enjoys "showing off" to peers and others

Swings or Rings with Big Deal or Big Swing

- Enjoys swinging
- Some preschoolers begin to pump with legs.

- Discovering cause and effect

Parent Share

- Throws a ball overhand
- Eye-hand movements better coordinated
- Can put objects together, take them apart; fit large pegs into pegboard
- May begin to show hand dominance

- Begins to use objects for purposes other than intended (may push a block around as a boat)

- Enjoys time spent with parent

Game

Confidence Building Block

- Builds a tower of 6-8 cubes

- Seems fascinated by, or engrossed in, figuring out situations
- Expected to use "magical thinking," such as believing a toy bear is a real bear

- Takes turns in games
- Understands concept of "mine" and "theirs"

Ending

- Likes clapping to music

- Identifies at least 1-8 colors
- Listens attentively to age-appropriate stories





- Enjoys participating while being read to



Mighty Mites: Ages 3.25-4.5 years

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Mighty Mites Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 3½ and 4½ years.

Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
Greeting with Question and Names	<ul style="list-style-type: none"> • Learning about spacial awareness (senses) 	<ul style="list-style-type: none"> • Speech is understandable most of the time. • Makes relevant comments during stories, especially those that relate to home and family events 	<ul style="list-style-type: none"> • Outgoing, friendly, overly enthusiastic at times
Warm-Up  Stretching and Strength Building Block	<ul style="list-style-type: none"> • Can jump from low step (gross motor) • Can stand up and walk around on tiptoes • Walks up and down stairs unassisted, using alternating feet • Jumps on the spot • Can run in a circle 	<ul style="list-style-type: none"> • Follows instructions • Enjoys imaginative language 	<ul style="list-style-type: none"> • Likes to do things in groups with peers
Relay  Achievements Building Block	<ul style="list-style-type: none"> • Throws ball overhand; aim and distance limited (gross motor) • Runs, starts, stops, and moves around obstacles with ease (gross motor) 	<ul style="list-style-type: none"> • Attention span still short; needs concepts to move at a fast pace 	<ul style="list-style-type: none"> • Enjoys role-playing and make-believe activities • Understands waiting for his/her turn
Weekly Skill	<ul style="list-style-type: none"> • Can hop on one foot or start to hop on one foot • Walks a straight line (tape or chalk line on the floor) 	<ul style="list-style-type: none"> • Follows instructions • Likes repetition, consistency 	<ul style="list-style-type: none"> • Insists on trying to do things independently • Eager to please and tries to do things on own
Skill Stations  Balancing Building Block  Hanging Building Block	<ul style="list-style-type: none"> • Enjoys swinging on a swing or trapeze • Can balance well on one foot • Walks a straight line (tape or chalk line on the floor) 	<ul style="list-style-type: none"> • Follows two to three step directions given individually or in a group 	<ul style="list-style-type: none"> • Cooperates with others; participates in group activities • Shows pride in accomplishments • Seeks frequent adult approval



Mighty Mites: Ages 3.25-4.5 years

Class Ingredient

Physical Development

(Senses, Fine & Gross Motor Skills)

Cognitive Development

(Logical, Artistic, Linguistic, Educational)

Social Development

(Emotions, Communication, Self-Esteem)

Explore



- Climbs ladders, trees, playground equipment

- Interested in new experiences
- Curious

- Establishes close relationships with playmates; beginning to have "best friends" (emotions)
- Cooperates with other children (communication)

Manipulative Skill



- May begin to show hand dominance
- Catches a large bounced ball with both arms extended
- Can kick balls
- Throws a ball overhand; distance and aim improving

- Imaginative (artistic)

- Delights in wordplay, creating silly language, and using imagination

Tumbling



- Jumps over objects 12 to 15cm (5 to 6in) high, lands with both feet together

- Enjoys viewing the world in different body positions (upside down, backwards, etc.)

Game



- Builds a tower of 8-10 or more blocks
- Interested in structured games

- Enjoys activities with guessing and suspense
- Understands the concepts of "tallest," "biggest," "same," and "more"

- Moods change rapidly and unpredictably; laughing one minute, crying the next.
- May throw tantrum over minor frustrations (a block structure that will not balance); may sulk over being left out
- * *Games help children weather these emotional tides.*

Ending

- Enjoys music; moves and dances to music

- Listens attentively to age-appropriate stories
- Enjoys stories with riddles, guessing, and suspense








- Enjoys role-playing and make-believe activities



Whiz Kids: Ages 4.5-6 years

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Whiz Kids Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 4 ½ and 6 years.

Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
Greeting with Name & Homework Review  Achievements Building Block	<ul style="list-style-type: none"> Understands that repetition and practice helps achieve a goal 	<ul style="list-style-type: none"> Uses vocabulary of over 2,000 words (linguistic) Speech is almost entirely grammatically correct. (linguistic) 	<ul style="list-style-type: none"> Enjoys being part of a group Loves going to school (educational and social)
Warm-Up  Stretching and Body Knowledge Building Block	<ul style="list-style-type: none"> Skips, dances, and hops (fine motor) Can touch toes without flexing knees 	<ul style="list-style-type: none"> Has more developed sense of time 	
Relay  Agility, Strength, and Balance Building Block  Achievements Building Block	<ul style="list-style-type: none"> Very active physically (fine and gross motor) * <i>Relays help channel energy and give focus.</i> Walks backwards, toe to heel 	<ul style="list-style-type: none"> Developing concentration Understands concepts of same shape, same size 	<ul style="list-style-type: none"> May be hard on self when not good at an activity (self-esteem) * <i>My Gym Relays help children learn about doing the best they can, despite their ability.</i>
Homework  Agility, Strength, and Balance Building Block	<ul style="list-style-type: none"> An increase in strength 	<ul style="list-style-type: none"> Able to focus on the past and future as well as the present Increased attention span 	<ul style="list-style-type: none"> Understands that repetition and practice helps achieve a goal
Skill Stations  Hanging Building Block  Agility, Strength, and Balance Building Block	<ul style="list-style-type: none"> Jumps or hops forward ten times in a row without falling Balances on either foot with good control for ten seconds Walks a balance beam 	<ul style="list-style-type: none"> Can understand larger concepts (logical) Can do skills more independently 	<ul style="list-style-type: none"> Responds to praise Feels pride in accomplishment (self-esteem)



Whiz Kids: Ages 4.5-6 years

Class Ingredient

Physical Development

(Senses, Fine & Gross Motor Skills)

Cognitive Development

(Logical, Artistic, Linguistic, Educational)

Social Development

(Emotions, Communication, Self-Esteem)

Explore

- Enjoys being active and is good at climbing, swinging, and dancing

- Really wants to know more about how the world works

- Enjoys and often has one or two focus friendships
- Plays cooperatively (can lapse), is generous, takes turns, shares toys

Sports Skill



- More ability (fine and gross motor)
- Catches a ball thrown from 1m (3.3 ft) away

- Eager to learn new things

- Likes group sports (communication)

Tumbling



- Ability to learn to turn somersaults (must be taught the right way in order to avoid injury)
- Has better control and coordination

**Tumbling helps instill self-confidence.*

Game



- Likes playing physical games

- Learning about "fairness" and "luck" (logical)
- Developing sense of humor and interest in jokes and riddles
- Prefers to play with other children, becomes competitive






- Participates in group play and shared activities with other children
- Suggests imaginative and elaborate play ideas



Champions: Ages 6-8 years

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Champions Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 6 and 8 years.

Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
Greeting with Name & Homework Review		<ul style="list-style-type: none"> • Uses vocabulary of over 3,000-4,000 words (linguistic) • Loves going to school (educational and social) 	<ul style="list-style-type: none"> • Enjoys being part of a group • Depends less on friendship with parent but still needs closeness and nurturing
Warm-Up  Stretching/Flexibility Building Block  Knowledge Building Block (Body and Muscles)	<ul style="list-style-type: none"> • Can skip well (gross motor) • Heart rate and respiratory rate are close to that of adults. • Weight gain reflects significant increases in muscle mass. • Body may appear lanky through period of rapid growth. 	<ul style="list-style-type: none"> • Learning the function of major muscle groups and what they can do (lower body, upper body, core) 	
Relay  Achievements Building Block	<ul style="list-style-type: none"> • Very active physically (fine and gross motor) * <i>Relays help channel energy and give focus.</i> • Enjoys vigorous running, jumping, climbing, and throwing, etc. 	<ul style="list-style-type: none"> • Developing concentration • Has more developed sense of time 	<ul style="list-style-type: none"> • Talks self through steps required in simple problem-solving situations (though the "logic" may be unclear to adults)
Homework  Achievements Building Block  Strength and Balance Building Block	<ul style="list-style-type: none"> • Likes repeating movements, working on improving a skill 	<ul style="list-style-type: none"> • Understands concept of "homework" in the school environment 	<ul style="list-style-type: none"> • Understands that repetition and practice helps achieve a goal



Champions: Ages 6-8 years

Class Ingredient

Physical Development

(Senses, Fine & Gross Motor Skills)

Cognitive Development

(Logical, Artistic, Linguistic, Educational)

Social Development

(Emotions, Communication, Self-Esteem)

Skill Stations

 **Knowledge Building Block (Gymnastics Skills & Apparatus)**

 **Strength and Balance Building Block**

 **Rings, Bars & Trapeze Building Block**

- Gains greater control over large and fine motor skills
- Movements are more precise and deliberate, though some clumsiness persists.
- Increased interest in jungle gym bars (hanging)

- Can understand larger concepts
- Can do skills more independently
- Increased attention span; works at tasks for longer periods of time

- Responds to praise
- * *Our experienced instructors teach skills in a loving yet challenging manner.*

Explore

- Enthusiastic and inquisitive about surroundings and everyday events

- Enjoys exploration and playing with peers

Sports Skill

 **Sports and Fitness Building Block**

- More stability (fine and gross motor)

- Can identify right and left hands consistently

- Likes group sports (communication)

Tumbling

 **Basic Floor Gymnastics Building Block**

 **Advanced Floor Gymnastics Building Block**

- Enjoys tumbling on the playground (cartwheels)

- * *Attempting new skills and working to improve these skills helps increase self-confidence.*

Game

 **Teamwork Building Block (Sportsmanship)**

- Has fun with problem solving and sorting activities like stacking, puzzles, and mazes

- Developing sense of humor and interest in jokes and riddles

- May be hard on self when not good at an activity (self-esteem)
- * *Cooperative group games help children learn about the experience, whether winning or losing.*

Teamwork Challenge

 **Teamwork Building Block (Cooperation, Communication)**

- Learning about "fairness" and "luck" (logical)







- Works well with partners or others



Cardio Kids: Ages 7-13 years

My Gym Classes and the Building Blocks Program are designed to encourage and support early childhood development. Listed below are elements of My Gym's Cardio Kids Class Curriculum and how they relate to the attainment of developmental milestones typically reached between the ages of 7 and 13 years.

Please note that these are approximate guidelines and that each child develops at a different rate.

Class Ingredient	Physical Development (Senses, Fine & Gross Motor Skills)	Cognitive Development (Logical, Artistic, Linguistic, Educational)	Social Development (Emotions, Communication, Self-Esteem)
Warm-Up  Core Strength Building Block	<ul style="list-style-type: none"> Can identify and begin to understand the health related components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition 	<ul style="list-style-type: none"> Learning the function of major muscle groups and what they can do (lower body, upper body, core) 	<p><i>* Fitness must still be engaging and fun in order for older children to really enjoy it.</i></p>
Cardio Strength Stations  Cardiovascular Conditioning Building Block  Upper Body Strength Building Block  Lower Body Strength Building Block	<ul style="list-style-type: none"> Greater control over large and fine motor skills; movements more precise and deliberate Can adjust speed, direction, and force of movements depending on the situation 5th grade: Boys perform between 8 and 20 push-ups; girls between 7 and 15. 	<ul style="list-style-type: none"> Can understand large concepts Can do skills independently Increased attention span; works at tasks for longer periods of time 	<ul style="list-style-type: none"> Responds to praise <i>* Our experienced instructors teach skills in a loving yet challenging manner.</i>
Muscle Focus Activity  Muscle Identification Building Block  My Gym's Fitness Challenge Building Block	<ul style="list-style-type: none"> While lying on stomach, can raise chest at least 6 inches off the floor Performs between 4 and 14 or 6 and 20 curl-ups (crunches) depending on age 	<ul style="list-style-type: none"> Responds to simple cues in order to adjust movement for better results (more bend in knees, keep shoulders aligned, less turn, etc.) 	
Group Movement Instruction	<ul style="list-style-type: none"> Puts together two or three locomotor movements to form a pattern (skip, skip, gallop, gallop, jump, jump, repeat) Develops his/her own movement pattern using the locomotor movements 		<ul style="list-style-type: none"> Cooperates with others to develop basic games or movement patterns Cooperates with a partner or small group to solve challenges



Cardio Kids: Ages 7-13 years

Class Ingredient

Physical Development

(Senses, Fine & Gross Motor Skills)

Cognitive Development

(Logical, Artistic, Linguistic, Educational)

Social Development

(Emotions, Communication, Self-Esteem)

Game



Confidence Building Block

- Has fun with problem solving and sorting activities
- Adjusts throwing, catching, striking, and kicking according to the situations that occur in a fluid environment

- Learning about "fairness" and "luck" (logical)
- Has sense of humor and interest in jokes and riddles

- Displays a desire to help others
- Participates cooperatively in team games with some prompting
- Cooperates with peers, even in competitive situations, and understands the effort is usually more rewarding than the outcome

Cool Down/Yoga



Yoga Building Block

- Performs all the skill-related components of fitness in a fluid environment with some proficiency: agility, balance, coordination, power, speed, reaction time
- Is flexible

- Learning to control emotions

Goal/Nutrition or Anatomy Fact/Quote



Nutrition Knowledge Building Block



Training Achievement/Goals Building Block



Family Fitness Goals Building Block

- Sets realistic fitness goals based on past performance and personal desires

- Understands the similarities and differences of the health and skill-related components and how each can affect the other

- Appreciates the effect exercise and activity has on emotions and self-initiates positive actions when feeling down



Millions of kids agree.



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