

FIVE Pea (5 Years)

SWEET PEAS

Educational Gymnastics

Five Peas are ready to test their skills! Five-year olds have reached physical and developmental milestones that allow them to progress rapidly. With longer limbs, more refined coordination and stronger language skills, the Five Pea can run faster, climb higher and hold longer!

Five Peas are refining their technique with focus on form and lines. The Five Pea curriculum includes bridges, handstands, L-handstands and stronger executions of rolls. The Five Pea cartwheel demonstrates proper sequencing and a more refined lunge finish. Five Peas can hold their relevés and arabesques on beam and are developing the core strength needed to hold tucks, straddles and pikes on the bars. Five Peas are mastering the vault runway with sequenced runs. They are punching the board with two feet and their vaults now include stretch jumps, squats onto the block and forward rolls.

Oh, to be five! What an important year this is! The Five Pea curriculum capitalizes on the amazing, compounding cognitive and social development of the Five Pea. Our educational gymnastics curriculum incorporates 20-25 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.

Five Peas are increasingly capable of predicting and successfully completing known circuits and are given opportunities to independently navigate an active learning circuit. Five Peas love showing off and are encouraged to try new skills, improve their form and do it again. The Five Pea curriculum continues to focus on helping the five-year old develop friendships, demonstrate good manners, share experiences and listen to others. Five Peas gain experience waiting their turn, encouraging classmates and respecting the teacher. Every minute in the Five Pea classroom is balanced with important physical activity, social interaction and life learning! Our program objectives for Five Peas include developing the ability to form meaningful friendships and feeling joy and confidence in learning.

60 min.
class

Mon - 5:15pm

Tues - 4:00pm

Wed - 5:15pm

Thurs - 4:00pm

Fri - 9:00am

Sat - 9:15am



®

Copyright 2020 ©
Sweet Peas Gymnastics, LLC



WHETHER
YOU THINK YOU CAN
OR OR THINK YOU CAN'T
You are right.