

# Sweet Peas

## Educational Gymnastics

### FOUR Pea (4 Years)

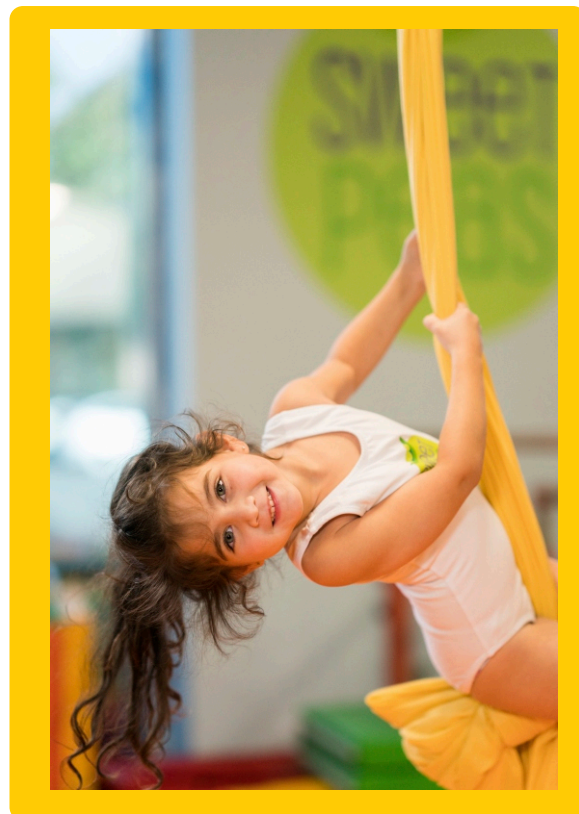
Four-year olds are on the go! Four Peas can run, hop, climb and throw a ball. Their increasing coordination makes them faster and more deliberate. Their increasing strength makes them able to perform many new gymnastics skills. Their cognitive development is growing by leaps and bounds and they are able to interpret and remember learning objectives. Four Peas can recognize and name many letters numbers. They can count in unison and repeat simple stories and sequences.

Four-year olds need a minimum of 60-90 minutes of active play a day! They need opportunities to run, build, swing and bounce. The Sweet Pea curriculum embraces the four-year old's readiness for learning and provides a dynamic educational gymnastics environment. Four Peas work on forward rolls, straddle rolls, and backward rolls on both an incline mat and on the floor. They are practicing straighter legs and longer holds in the execution of their skills. Four Peas are developing balance with skills on beam such as straight jumps, alternating kick passé sequences and Four Pea arabeques.

Four Peas are gaining confidence and accuracy on the vault. They are mastering their squat on, donkey kicks with horizontal hips and jumping on and off a block.

The educational gymnastics focus for Four 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.

Many Four Peas are preparing for kindergarten. We know that children learn best when they are moving. The Four Peas program provides an educational environment where children can experience active learning, predictable structure, positive peer associations, successful independence from parents and balanced learning.



"A HUNDRED YEARS FROM NOW  
IT WILL NOT MATTER  
WHAT MY BANK ACCOUNT WAS,  
THE SORT OF HOUSE I LIVED IN,  
OR THE KIND OF CAR I DROVE...  
BUT THE WORLD MAY BE DIFFERENT BECAUSE  
I WAS IMPORTANT IN THE LIFE OF A CHILD."



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