

Did You Know... that children who participate in gymnastics are more likely to be physically fit, overcome fears, have a higher level of self confidence, agility, balance, coordination, flexibility, creativity, determination and discipline. The physical, social and cognitive benefits are immeasurable invaluable.

0-1 Years Old

Raises head and chest when lying on stomach

Push down on legs when feet are placed on firm surface

Sit upright with out assistance

Crawl, creep, scoot forward on belly or

Pulls self up to stand

Walks holding onto furniture

Stands without support momentarily

May walk two to three steps

1-2 Years Old

Like to push, pull & dump toys

Walk without help

Run stiffly

Can kick a ball

Stack 2 blocks

Turn pages in a book

Scribble with crayons

Carry a stuffed animal or doll

Begins to walk backwards

Walks up and down stairs with assistance

2-3 Years Old

Drink from straw

Walk up steps with help

Stack 3-4 blocks

Bend over without falling and pick up toy

Step backward

Jumps, gallops, tip-toes, and runs

Can do beginning Cartwheels, handstands, and forward rolls

Swings on a bar

Can balance on one foot for a few seconds

Can walk on low and high beams

3-4 Years Old

Stands on one leg

Jumps up and down

Build a 4-5 block tower

Walk up steps with alternating feet

Walk in a straight line

Jump with both feet

Throw a ball overhead

Walk on tiptoes if shown

Catches bounced ball most of the time

Moves forward and backward with agility

4-5 Years Old

Can stand on one foot for 10 seconds or longer

Can hop and somersault Loves to swing and climb

Can learn how to skip

Catch a large ball

Perform straight, tuck and straddle jumps on trampoline

Displays left and right handedness

Can stop jumping on trampoline with control

March, kick and tiptoe down the balance beam

Hold a front support on low bar

5-7 Years Old

Perform a series of motions in a row in order to do a complicated motor activity like pumping on a swing, skipping, jumprope or swimming

Developed visual-motor coordination

Can kick up to a 3/4 -full handstand

Hang upside-down on the rings

Hurdle into a cartwheel and walk backwards out

Perform a backwards roll down wedge

Jump and perform a full turn