

TYKE GYM

DEVELOPMENTAL MILESTONES

2 1/2 to 3 1/2 years old

Physical & Gymnastics Skills Development

Walk forward, backwards and sideways, on tippy-toes as well on the floor

Jump up with both feet off the ground

Forward roll on wedge mat, unassisted

Can balance on one foot

Bear walks on the floor

Gallup on the floor

Can pull toes to the bar

Social Development

Willingness to be independent from parent during class for short periods of time

Actively engages in play WITH other children (not alongside)

Shares stations/activities without protest (doesn't have to be perfect, but no tantrums/fighting)

Cognitive Development

Can come to out to class & sit on target/spot with only verbal direction from coach

Can patiently navigate the floor circuit, taking turns with friends

Can use props during stations & help to put them back before moving to the next station

Can follow 3 step directions - "step up on the balance beam, walk down and jump off the end"

