

TINY TYKES

DEVELOPMENTAL MILESTONES

3 1/2 to 4 years old

Physical & Gymnastics Skills Development

Demonstrates tuck, pike and straddle during warm-up

Hold a table top, unassisted

Crab walk

Jump over objects on the floor

Baby donkey kicks, with minimal assistance from parent/caregiver

Forward roll on the floor with minimal assistance from parent/caregiver

Walk forward on low beam, one foot in front of the other, unassisted

Side step on low beam, unassisted

Support themselves in possum hang for 3-5 seconds, with minimal assistance from parent/caregiver

Front support on the bar, with minimal assistance parent/caregiver

Social Development

Can wait turn, & take turns, with a partner/friend while on a station (limited assistance)

Willingly independent from parent/caregiver during class

Cognitive Development

Can walk out to class with coach and sit on a target/spot with verbal direction from a coach

Actively participates in warmup activities with very limited parent/caregiver assistance

Can walk in a line with other students and coach, from warm-up area to preschool/kinder floor

Can rotate from station to station (limited assistance from parent/caregiver)

Can navigate the 45 minute class without assistance from parent/caregiver

