

Child Development: Tiny Tigers
Ages 3-4

"You are braver than you believe, stronger than you seem, and smarter than you think" -
Christopher Robin

DEVELOPMENTAL SKILL STRIPES

For two weeks students will work on a specific skill stripe earning a skill stripe at the end of the 2nd week.

White Stripe

Rolling – Body rolling and ball rolling: Aiding in enhancing balance and strength. Also, bilateral motor coordination.

Yellow Stripe

Crawling – Aiding in enhancing balance, sensory, cognition, problem solving, and coordination.

Orange Stripe

Hopping – Aiding in maintaining balance/strength while moving (dynamic balance).

Green Stripe

Blocking

Blue Stripe

Punching

Purple Stripe

Catching – Aiding in hand-eye coordination

Red Stripe

Kicking

Black Stripe

Running -Aiding in developing balance, speed, and building stamina.

Star Block Set

Part 1 (Left Hand): Up – In – Out – Touch – Down – Back – Push (kihap)

Part 2 (Right Hand): Up – In – Out – Touch – Down – Back – Push (kihap)

Part 3 (Both Hand Together): Up – In – Out – Touch – Down – Back – Push (kihap)