

## Developmental Skills

### Floor Skills

1. Laterally shift weight from one foot to other
2. Walk forward on cue - vary speed - stop on cue
3. Knee bends - 3-5
4. Crawl/climb up stairs - one at a time
5. Sweet Pea Hug Roll with parent spot (developing and maintaining tuck position, balance and core strength)
6. Log Roll (developing position awareness, pre-twisting awareness, positioning) hold - with assistance
7. Lateral open walk (slide) - feet do not cross - legs slightly bent.
8. Wheel barrel - with assistance
9. One Pea forward roll - parent assist
10. Donkey Kicks - hands on block

### Beam Skills

1. Step up onto beam
2. Stand on beam, proper posture - balance
3. Stand on beam, elevate arms in second position
4. Walk forward and sideways - with spot
5. Step over objects on beam - with spot
6. Forward hop - feet together - 2-3 times
7. Straight jump dismount with spot
8. Beam crawl on incline/decline beam - proprioceptive awareness

### Bar Skills

1. Grasp bar - two hands - hands over position and hands under
2. Straight hang
3. Bicycle legs - with spot
4. One Pea hang and drop
5. Lift toes to bar - with spot
6. Pre- release (travel hands side by side along bar - hands mirror feet - with spot)
7. Suspended swings and rotation in silk/wrap - teacher propelled (vestibular integration)

### Vault Skills

1. Run on path toward vault - on cue
2. Step onto block - freeze
3. Jump off block - land two feet
4. Donkey Kicks - hands on block - punch board hips up to One Pea pike - with spot.



## One Pea

