

# I am FIVE and OH, THE THINGS I CAN DO!

## **Physical**

- ♥ My noggin is about the size of an adult noggin.
- ♥ I may start losing my baby teeth this year! Seems like I just got them.
- ♥ My body is adult-like in proportion. Just smaller.
- ♥ I need about 1,800 calories a day. Got a lot going on.
- ♥ My visual tracking and binocular vision are well developed.

## **Motor development**

- ♥ I can walk backwards, toe to heel. Ask me!
- ♥ I can walk up and down the stairs, alternating my feet, without help,
- ♥ I can touch my toes without flexing my knees.
- ♥ I can walk the length of a balance beam.
- ♥ I am learning to skip using alternate feet.
- ♥ I can catch a ball gently thrown from 3 feet away.
- ♥ I can ride a tricycle or wheeled toy with speed and some sense in my steering. I need a helmet. Always. I may start riding a two wheeler this year.
- ♥ I can jump or hop forward ten times in a row without falling.
- ♥ I can balance on either foot with good control for ten seconds.
- ♥ I can build three-dimensional structures with small cubes or blocks by copying a picture or model.
- ♥ I can reproduce many shapes and letters - a square, a triangle, A, I, O, ,U, C...
- ♥ I have pretty good control with a pencil or marker.
- ♥ I can cut on a line with scissors. Not exactly straight yet but I am getting there.
- ♥ My hand dominance is clearly established. Am I a lefty or a righty?

## **Cognitive Development and Language**

- ♥ I understand about 1,300 words.
- ♥ I can build steps out of small blocks.
- ♥ I understand concepts of same shape and same size.
- ♥ I can sort objects by two dimensions, such as color and shape.
- ♥ I understand the concepts of smallest and shortest and I can sort objects according to size and length.
- ♥ I can count rotely from 1 to 20 and above. Many 5-year-olds will learn to count to 100 this year.
- ♥ I recognize written numerals from 1 to 10.
- ♥ I understand concepts of less than... 'Which bowl has less water than the other?'
- ♥ I understand the terms dark, light and early. "I got up early, before anyone else. It was still dark."
- ♥ I can relate clock time to my daily schedule. "It is time to go to bed when the little hand points to the 8."
- ♥ Some children can tell time on the hour: five o'clock, six o'clock...
- ♥ I know what a calendar is for.
- ♥ I recognize and can identify coins. I am beginning to count money. Teach me to save!
- ♥ Many 5 year olds know the alphabet and the names of upper and lowercase letters.
- ♥ I understand concepts of half. I can say how many pieces an object has when it is cut in half.
- ♥ I ask tons of questions. All day. Why? What? How? When? Who? Me?
- ♥ I am soooo eager to learn new things!



# FIVE Year OLD (CONT.)

## **Social and Emotional**

- ♥ I enjoy friendships. I may focus on one or two favorite friends.
- ♥ I play cooperatively (most days), am generous, take turns and share toys.
- ♥ I have ideas for imaginative play... fun things that we can do.
- ♥ I show affection and am caring toward others especially those who are hurt or who are younger.
- ♥ I am generally compliant to parent and caregiver requests.
- ♥ I have more self control over my emotions than I did when I was a lil' one.
- ♥ I like entertaining people and making them laugh.
- ♥ I am proud of my accomplishments and will tell you all about them.

## **Ideas for Enrichment**

- ♥ Provide structured achievement recognition for your child, chore charts, pet care checklists, etc.
- ♥ Help your child to foster friendships in organically social ways outside of school and organized programs.
- ♥ Encourage creativity through drawing, play dough, painting, etc.
- ♥ Ask your child to tell you stories... made up stories.
- ♥ Encourage your child to have good table manners, to eat with the proper utensils, sit tall, be polite.
- ♥ Encourage your child to sing, out loud, alone and with others.
- ♥ Help your child to practice for things that are important to him or her.
- ♥ Provide opportunities for your child to be friends with people of different ages, races, ethnicity and religions.
- ♥ Help your child to learn about musical instruments and the different sounds they make.
- ♥ Plant an herb box or a small vegetable patch.
- ♥ Share photos of relatives when they were children.

## ***Participation in gymnastics helps children learn!***

Research shows that active movement at a very young age facilitates brain development, intellectual achievement, language acquisition, reading readiness, sensory integration and self-esteem. For years scientists and educators believed that the cerebellum functioned simply as the body's 'movement' center, regulating balance, coordination, posture and movement. We now know that the cerebellum plays a much bigger role in our development. The cerebellum has a critical relationship with the cerebral cortex, the highly developed part of the brain that is responsible for memory, attention, thought, language, and perceptual awareness. When we move, the cerebellum feeds information from the cerebral cortex to the cerebellum and back to the cerebral cortex. The Sweet Peas™ Educational Gymnastics programs are designed to promote learning and development through a highly specialized gymnastics education curriculum. Come join the fun!



Sweet Peas™ Educational Gymnastics ©  
22982 Avenida Empresa  
Rancho Santa Margarita, CA. USA 92688

