

# Three Year Old's Fit-N-Learn Daily Schedule

**\*\* Children are divided according to ability level and age-appropriate skills. \*\***

<b>Time</b>	<b>Activity</b>	<b>Description</b>
15 minutes	Choice Time	<i>Choose activity table to enhance daily curriculum</i>
30 minutes	Dance/ Gymnastics Lesson	<i>Dance &amp; Gymnastic skills, Beam, Trampoline and Floor</i>
15 minutes	Circle Time	<i>Calendar, Weather, days of week &amp; months of the year, and curriculum song</i>
15 minutes	Fine Motor	<i>Daily activity to reinforce letters, numbers, and shapes</i>
15 minutes	Art	<i>Painting, Coloring, Cutting and Gluing Crafts related to weekly theme and curriculum</i>
15 minutes	Story time	<i>Read a theme-based story to children</i>
10 minutes	Teacher Talk/Ending Activity	<i>Miss Alexia tells parents about daily activities and upcoming events. Students receive sticker and school bags.</i>

**\*\*\*Schedule is subject to change\*\*\***

## Curriculum

### Pre-Writing Skills

Trace basic shapes and letters  
Recognize colors  
Trace child's name

### Math skills

Count numbers (1-10)  
Recognize numbers (How many bananas?)  
Name eight basic shapes  
Build geometric pictures  
Recognize different lines (wavy, straight, dotted)

### Nutritional Skills

Identify "always" food vs. "sometimes" foods  
Give an example of various types of food (Is the carrot a fruit or vegetable?)  
Enjoy exercising  
Keep rhythm to music

### Basic Rules

Cooperate with other children  
Wait in line  
Move from one area to another in a "train" line  
Listen and follow directions  
Share with other people

### Fine Motor Skills

Work with puzzles  
Pre-cutting & gluing daily art project  
Hold writing tool correctly  
Write the alphabet  
Trace alphabet letter

### Gross Motor Skills

Balance on a beam  
Jump in various directions on a trampoline  
Hop from one block to another  
Stand on one foot

