

Four/Five Year Old's Fit-N-Learn Daily Schedule

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

Time	Activity	Description
35 minutes	Gymnastics Lesson	Dance & <i>Gymnastic skills Beam, Trampoline and Floor</i>
15 minutes	Choice Time	<i>Children dress self, select puzzle, sorting activities, patterning</i>
15 minutes	Circle Time	<i>Calendar, Weather, days of week, months of the year & song of the month</i>
25 minutes	Learning Centers	<i>Children rotate to different centers to reinforce letters, numbers, shapes, colors, and patterns</i>
15 minutes	Art	<i>Painting, Coloring, Cutting and Gluing Crafts related to weekly theme</i>
15 minutes	Rapid Reader	<i>Teacher reads theme-based story to children and children Select a book and read through pictures and simple words</i>
5 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

Recognize alphabet letters
Identify beginning sounds
Match colors with color word
Identify basic shapes and shape word
Write child's name (first and last)

Math skills

Counting various objects (veggies or fruits)
Recognize numbers (How many bananas?)
Identify phone number
Recognize address

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

Build patterns with blocks
Trace shapes and letters
Cut simple projects (Snip a round apple)
Hold writing tool correctly
Write the alphabet

Gross Motor Skills

Balance on a beam
Jump in various directions on a trampoline
Hop from one block to another
Stand on one foot
Learn ballet and jazz dance steps

