

Did You Know... that children who participate in gymnastics are more likely to be physically fit, overcome fears, have a higher level of self confidence, agility, balance, coordination, flexibility, creativity, determination and discipline. The physical, social and cognitive benefits are immeasurable invaluable.



Some of the developmental milestones your child will reach sooner by participating in gymnastics at **The Tumble Gym** are...

<u>0-1 Years Old</u>	<u>1-2 Years Old</u>	<u>2-3 Years Old</u>	<u>3-4 Years Old</u>	<u>4-5 Years Old</u>	<u>5-7 Years Old</u>
Raises head and chest when lying on stomach	Like to push, pull & dump toys	Drink from straw	Stands on one leg	Can stand on one foot for 10 seconds or longer	Perform a series of motions in a row in order to do a complicated motor activity like pumping on a swing, skipping, jumprope or swimming
Push down on legs when feet are placed on firm surface	Walk without help	Walk up steps with help	Jumps up and down	Can hop and somersault Loves to swing and climb	
Sit upright with out assistance	Run stiffly	Stack 3-4 blocks	Build a 4-5 block tower	Can learn how to skip	Developed visual-motor coordination
Crawl, creep, scoot forward on belly or	Can kick a ball	Bend over without falling and pick up toy	Walk up steps with alternating feet	Catch a large ball	Can kick up to a 3/4 -full handstand
Pulls self up to stand	Stack 2 blocks	Step backward	Walk in a straight line	Perform straight, tuck and straddle jumps on trampoline	Hang upside-down on the rings
Walks holding onto furniture	Turn pages in a book	Jumps, gallops, tip-toes, and runs	Jump with both feet	Displays left and right handedness	Hurdle into a cartwheel and walk backwards out
Stands without support momentarily	Scribble with crayons	Can do beginning Cartwheels, handstands, and forward rolls	Throw a ball overhead	Can stop jumping on trampoline with control	Perform a backwards roll down wedge
May walk two to three steps	Carry a stuffed animal or doll	Swings on a bar	Walk on tiptoes if shown	March, kick and tiptoe down the balance beam	Jump and perform a full turn
	Begins to walk backwards	Can balance on one foot for a few seconds	Catches bounced ball most of the time	Hold a front support on low bar	
	Walks up and down stairs with assistance	Can walk on low and high beams	Moves forward and backward with agility		

For more information about child developmental stages or for pediatric care please visit:

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