

# Sweet Peas

## Educational Gymnastics

Sweet Peas is an educational gymnastics program designed to promote physical, social and cognitive development in children six months to six years old. Early childhood provides important windows of developmental opportunity. Basic components of a child's neural development are genetically coded, however, trillions of finer neural connections are unprogrammed, and they are heavily influenced by enriching early childhood experiences. Sweet Peas Gymnastics provides movement and sensory based activities that are fun and developmentally loaded! This is our passion. The Sweet Peas Educational Gymnastics curriculum helps forge the the architecture of a child's brain that will serve him or her or a lifetime.

Founded in educational gymnastics, the Sweet Peas curriculum focuses on age appropriate gymnastics activities that foster balance, coordination, core strength, motor planning, bilateral awareness and flexibility. Taught in a social, collaborative environment, Sweet Peas provides important life lessons in self-awareness, courage, success and friendship. The Sweet Peas curriculum is centered around excellent, progressive gymnastics training that also incorporates color recognition, language development, spatial relations, music awareness and counting skills. Our Sweet Peas students learn how to listen to their teacher, follow instructions and wait for their turn. They learn to enjoy their own achievements and to encourage and applaud the success of their friends. We know that every Sweet Pea learns at his or her own pace. The Sweet Peas program engages children through expertly designed lesson plans that provide structure and productivity in the gymnastics classroom while at the same time allowing flexibility and accommodation for each unique child. This is it! Real gymnastics. Real learning. Really fun.



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### DID YOU KNOW?

Moving helps children learn! The cerebellum is one of the most amazing and complex parts of the brain. About the size of a lemon, the cerebellum was long thought to control basic motor functions largely outside the realm of conscious awareness. Researchers discovered that while the cerebellum takes up only about 10% of the brain by volume, it accounts for about half of the brain's neurons!! We now know that the cerebellum regularly communicates with the highly complex centers of the brain. When we move, the cerebellum processes information back and forth to the cortex - the smart part of the brain that handles highly cognitive functions such as language, memory, attention and spatial relations. There's more! It turns out that most of the neural circuits from the cerebellum are wired as outbound – which means that the cerebellum has tremendous influence on the rest of the brain. Movement influences learning. This is one of the cornerstones of the Sweet Peas program. Children learn best when they are moving. We have designed our gymnastics program to take advantage of the active engagement of the child's brain by incorporating educational learning objectives into our gymnastics activities.

The Sweet Pea Educational Gymnastics program provides gymnastics instruction for children six months to six years. Based in traditional gymnastics, our curriculum is centered around developmentally appropriate training on the beam, bars, floor and vault. Sweet Pea classes are instructional in nature, with stated skills, learning outcomes and objectives. Our teachers are professional gymnastics instructors with specialized love for early childhood development.

Gymnastics helps children grow and develop. It helps build their muscles, their confidence and most of all, their brains. The Sweet Peas program takes all that is wonderful about gymnastics and incorporates educational opportunities such as memory activities, sequencing, spatial relations, counting, color and shape recognition, and interesting child based content knowledge. Learning and fun go together in the Sweet Peas program!

