



motion
evolution



Early Motions

Kids were made to move! Children move all day long starting before birth and are eager to keep learning after they are born. Good motor skills taught early in life enable a child to become active instead of sedentary, and motor skills help young children to develop “physical literacy” that will last a lifetime.

Physical literacy means a comprehensive set of physical skills to engage in any physical activity and every child can learn them! Like academic literacy, physical literacy does not happen spontaneously and cannot be left to chance—it must be purposeful and planned. Did you know that babies even as young as 6 months can begin learning motor skills? They can and should!

Early Motions will provide the tools to teach children from 6 months to 6 years the skills they need to be active. The Baby Motion and Toddler Motion programs are perfect for parent/child classes. The Preschool Motion curriculum can be taught as a stand-alone class for 3-5 year olds or utilized as additional stations in a gymnastics, dance or swim class.

The curriculum follows a standard format including warm-up, body positions and stretching, and skill challenges. The program utilizes simple “equipment” you can find in the house or purchase from a local toy store. Each Early Motions lesson plan targets FUN, entertainment and education as primary goals.

Learning to move well builds confidence and increases enjoyment of movement at any age, but is most critical in early childhood. Research now proves that early motor learning helps brain development and makes kids smarter.

Amazingly, the part of the brain that processes movement is the same part of the brain that processes learning. Early Motions will enhance brain development by increasing memory, spatial perception, language, attention, emotion, problem solving and decision making.

The sad news today is that American children are now more sedentary than ever. If children do not develop motor skills, coordination, and agility at a young age they are “illiterate” when faced with the challenge of physical activity. Children learn to avoid them instead of participating in physical activity - and the habits of a sedentary life begin.

But, when early experiences are positive and rewarding, children are eager to participate. Strong motor skills provide confidence that enable kids to enjoy playing sports because they have the tools to be successful. Daily activity helps develop healthy habits that endure for a lifetime.

