



# Physical Development

**Our lesson plans are designed to help encourage healthy physical development. Our activities are tailored to enhance gross motor and fine motor skills. We foster children motor skills by selecting toys and activities that suits any child's skill level. Children use large muscles to toss objects, jump, dance, clap all while focusing on a given topic. Smaller muscles are used to improve eye hand movements (board games, puzzles, trivia), building, coloring, drawing, playing musical instruments. Listening to rhythmic Latin music allows us to explore the many ways in which the body can move; we aim to improve balance, coordination, and rhythm through dancing and singing.**

**Our interactive activities provide a different approach to learning; children are encouraged to actively participate in physical activities which promote some form of physical fitness. The physical activities teaches the following skill set: team building, choosing leaders, sharing, effective communicating, and understanding one another physical abilities and talents.**