



Sports, Movement & Motor Skills, & Tennis

Class Description: These introductory classes help children to gain basic skills and familiarity with fun and healthy activities that are essential to their motor development. Classes are offered from September through April, once a week for a **30-minute session**

Class Overall Objectives:

- Introducing to gymnastics and tumbling by using basic mat tumbling, hula hoops, bean bags, and scarves.
- Learning how to take turns, share, make eye contact, and listen to instructions.
- Teaching coordination, directional movement, balance, and jumping.
- Understanding body awareness, spatial awareness, coordination, and balance.

Age-Appropriate Goals:

3 - 5 years old:

- Learning how to move different body parts in different ways depending on the activities.
- Understanding what tracking is.
- Acquiring balancing Skills.
- Understanding how to move different body parts in different ways.
- Improving their tracking skills and balance.

MOVEMENT



Schedule: Lochinvar: Thurs., 10:00AM – 11:00AM
Monroe: Not Available

Contact: Coach John Hsu at
jhsu@monticelloacademy.org

Class Description: The children are introduced to a variety of sports, such as basketball, soccer, baseball, and hockey. Classes are offered from September through April, once a week for a **30-minute session**

Class Overall Objectives:

- Having fun with fitness activities and exercises.
- Developing coordination, balance, and agility skills.
- Gaining individual skill growth.
- Following directions, listening skills, and sharing.
- Building communication and sportsmanship.

Age-Appropriate Goals:

3 - 5 years old:

- Familiarizing children with different equipment and rules for each sport.
- Introducing different sports terminology and what they mean for each sport.
- Improving their tracking skills.
- Introducing basic game rules.
- Learning about teamwork and sportsmanship.

SPORTS



Schedule: Lochinvar: Wed., 9:30AM – 10:30AM
Monroe: Mon., 10:00AM – 11:00AM

Contact: Coach John Hsu at
jhsu@monticelloacademy.org

Class Description: Classes are offered from September through April, once a week for a **30-minute session**. In class, children will be introduced to basic tennis techniques and skills so young players can become familiarized with basic tennis fundamentals and tennis equipment. Children will also be introduced to tracking skills and basic tennis strokes. This class is available only for children 4 years old and above.

4 - 5 years old:

Class Overall Objectives:

- Developing eye-hand coordination, movement skills, and muscle memory.
- Gaining comfort with the age-appropriate equipment
- Learning the parts of the tennis court.
- Working on grasping, grabbing, large muscle movements as well as balance, whole body coordination, and basic athletic skills.
- Building basic skills like throwing, catching and hitting.
- Teaching basic tennis fundamentals and shots through lots of tennis-like games.

Age-Appropriate Goals:

- Working on their tracking skills and muscle memory.
- Understanding how these skills relate to a forehand or backhand.

TENNIS



Schedule: Lochinvar: Friday, 10:00AM – 11:00AM
Monroe: Not Available

Contact: Coach John Hsu at
jhsu@monticelloacademy.org