

## Balance and Jumping Skills

Dear Family,

I am so pleased by the progress children have made with Young Athletes activities! We are working on our **motor, social and emotional skills**—all through play. I'm especially glad to see children having fun. Enjoying regular sport and play activities in childhood is a key part of establishing a strong foundation for lifelong physical fitness.

Currently, we're emphasizing **balance and jumping skills**. Having good balance helps a child develop confidence for jumping. Balance and jumping skills are important for many recreational activities and sports. A wide variety of Young Athletes activities focus on these skill areas, including walking heel-to-toe, walking on a balance beam, jumping forward and jumping over an obstacle. As always, we match the activities to each child's abilities to ensure success. A great way to help at home is to encourage your child to copy actions that require balance. For example, stand on tiptoes or stand on one foot and have your child imitate you. Try having your child stand on tiptoes as they brush their teeth. Just a few minutes of practice each day makes a difference!

Sincerely,

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Teacher



Balance helps children climb stairs and walk on uneven surfaces, like grass or sand.



### Healthy Habits

Go screen-free a few afternoons each week or for a certain amount of time each day. Turn off the TV and set electronics aside. Then encourage your child to draw, color, dance, listen to music, play outside or enjoy other screen-free activities. There are countless possibilities!



### Benefits for All

Young Athletes inspires acceptance through inclusive play. When children with and without intellectual disabilities play together, they learn about and understand each other.



### Class News