



FUN. FIT. LEARN!

Kindergarten Preparation for a Balanced Life

MISSION STATEMENT

Discover the Champion in You!

Vision
Mission
& Values

The mission of Champions Academy Preschool (C.A.P.) is to give active toddlers 2 to 5 years of age an exceptional start in life by providing a unique academic learning experience enhanced with gymnastics, fitness, and active play in a nurturing and healthy environment. Our ultimate goal is to develop intelligent, well-balanced, happy children.

PHILOSOPHY

Champions Academy Preschool (C.A.P.) believes that early childhood development is critical to lifelong learning and growth. It is the belief of the C.A.P. that each child be given the opportunity to express him or herself intellectually, emotionally, physically, cognitively, and socially in an atmosphere that provides the ability to be creative while exploring and developing individual learning skills. We recognize when children are able to exercise fine and gross motor skills through fitness, they will learn to increase proficiency in physical movements while being stimulated intellectually.

Based on that belief, we have developed a unique program that provides balanced development of intellectual, social, and physical abilities. It is important for each child to have the opportunity to develop skills in an environment that are both nurturing and engaging, encouraging and stimulating. It is the utmost responsibility of the program to make lifelong learners out of each child.

PROGRAM GOALS

The Champions Academy Preschool (C.A.P.) program incorporates academic learning, creative play, arts & crafts, gymnastics & fitness instructions, free play activities, and social interactions to develop cognitive skills, social growth and physical abilities. It is an enriching and exciting experience children prepare for Kindergarten.

CLASSROOM

Listening and Following Directions

- Follow 1 and 2 step directions
- Sit quietly during story time
- Repeat phrases, simple nursery rhymes and daily songs
- Speak in a loud and clear voice in order to express oneself
- Participate in daily activities



Social Skills

- Be kind to others
- Share and take turns
- Interact with peers in both large and small group settings
- Show respect for others, teacher as well as classroom supplies
- Cooperate in group activities and individual tasks
- Respect nature, community, self and others

Self-Awareness

- Recognize own name
- Know age and birth date
- Recite address, phone number
- Dress self - coat, shoes sweater

Program Goals continued...



Math Skills

- Rote count to 20
- Recognize numbers 0-10
- Learn one to one correspondence
- Identify and draw circle, square, rectangle and triangle
- Recognize and extend a simple pattern
- Sort objects according to one attribute
- Understand concept of more or less
- Participate in simple graphing activities
- Name colors

Pre-Reading Skills

- Recite alphabet
- Identify letter names-upper and lowercase
- Generate letter sounds
- Answer simple questions regarding a story
- Identify rhyming words
- Generate own rhyming words
- Blend consonant vowel consonant words orally

Beginning Writing Skills

- Trace and Color appropriately
- Write own name correctly (uppercase first letter only)
- Draw self with body, head, legs, arms, feet and hands
- Can copy numbers and letters

Fine Motor Skills

- Manipulate play-dough and clay
- String beads and lace boards
- Properly hold a pencil, crayon, marker and paintbrush
- Color inside the lines using appropriate colors
- Cut on line

Program Goals continued...

GYM

Large Motor Skills (Gymnastics)

- Jump-two feet
- Balance on one leg
- Catch a ball from a bounce pass
- Hop
- Swing and hang on bars





DAILY SCHEDULE

(Current as of January 2010 – Subject to Change)

Classroom & Preschool Center

9:00-9:15	Hands on Activity
9:15-9:30	Calendar and Weather
9:30-10:30	Lesson of the Day - Seat Work and Projects
10:30-10:45	Snacks

Gym

10:45-11:30	Gymnastics, Fitness & Free Play Activities
-------------	--

MONTHLY THEMES

January	February	March
Winter Snow Winter Animals Chinese New Year Martin Luther King Jr. Color: White	Valentine's Day Presidents' Day Friendship Dental Awareness Hearts Color-Pink	St. Patrick's Day Spring Insects Color-Green
April	May	June
Spring Flowers Insects Spring Animals Color-Yellow	Butterflies Mother's Day Color: Purple	Father's Day Fruits Color: Orange
July	August	September
America The 4 th of July Summer Color: Black	Water Play Vegetables Color: Rainbow	Apples Community Helpers Name Recognition Sharing Color-Red
October	November	December
Family Halloween Harvest Fire Safety Month Leaves Color: Brown	Fall Transportation Thanksgiving Pilgrims Native Americans Thankfulness Color: Gold	Celebrations Bears Color- Silver