

Neurosteps

Class Rundown Sample

Wrigglers: Pre-Crawlers Class Duration: 45 min

Time	Activity	Objective
11:00	Greetings & Hello Song	Welcome & Formal Routine to Start Class
11:05	Massage	Body Mapping & Awareness
11:10	Exercise	Stretching Muscles, Building Strength, Vestibular System Development
11:15	Tummy Time	Strengthening Neck & Upper-Body Muscles, Head Rotation, Preparing to Crawl
11:20	Upside Down / Dance	Balance & Posture, Socialization
11:25	What's It Box	Visual, Audio & Tactile Stimulation, Developing Vocabulary, Visual Memory
11:30	Large Equipment	Coordination, Muscle Toning, Problem Solving, Concentration, Spatial Awareness
11:40	Musical Instruments	Rhythm, Mathematic Conception, Instrument Exploration
11:43	Goodbye Song & Farewell	Formal Routine to Finish Class
11:45	Class Ends	Association Cards Distribution & Parents Enquiries

Crawlers Class Duration: 45 min

Time	Activity	Objective
3:45	Greetings & Hello Song	Welcome & Formal Routine to Start Class
3:50	Massage	Body Mapping & Awareness
3:55	Exercise	Stretching Muscles, Building Strength, Vestibular System Development
4:00	Small Equipment	Hand-Eye Coordination, Strengthening Muscles, Intro to Basic Concepts
4:05	Upside Down / Dance	Balance & Posture, Socialization
4:10	What's It Box	Visual, Audio & Tactile Stimulation, Developing Vocabulary, Eye-Tracking
4:15	Large Equipment	Coordination, Muscle Toning, Problem Solving, Concentration, Spatial Awareness
4:25	Musical Instruments	Rhythm, Mathematic Conception, Instrument Exploration
4:28	Goodbye Song & Farewell	Formal Routine to Finish Class
4:30	Class Ends	Association Cards Distribution & Parents Enquiries

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Class Rundown Sample

Waddlers: Walkers

Class Duration: **45 min**

Time	Activity	Objective
10:00	Greetings & Hello Song	Welcome & Formal Routine to Start Class
10:05	Action Song	Body Mapping & Awareness
10:10	Topic Introduction	Acknowledging Our Topic of this Week within our 12-Week Themed Term
10:12	Exercise	Warm Up, Following One Step Instructions, Movement Control
10:19	Essential Skills	Fine Motor Skills, Balance, Hand-Eye Coordination, Jumping
10:26	What's It Box	Visual, Audio & Tactile Stimulation, Developing Vocabulary, Sensory Play
10:31	Large Equipment	Coordination, Muscle Toning, Problem Solving, Concentration, Spatial Awareness
10:41	Dance & Music	Rhythm, Socialization, Instrument Exploration
10:44	Goodbye Song & Farewell	Formal Routine to Finish Class
10:45	Class Ends	Association Cards Distribution & Parents Enquiries