



Happy "Stones"



Child Name School..... Date.....

The HappyFeet curriculum is designed to provide a variety of developmental benefits for your budding soccer star, encompassing all facets of early childhood education. Through repeated exposure to our age appropriate classes, each child engages in activities that foster physical, social, emotional, and cognitive development. These areas are the foundations for success in adult life, and our program adopts a holistic approach to fitness and soccer! Each child has their own soccer ball for the duration of the HappyFeet class, and our unique approach also gives your child the skills they need to succeed on the field!

The following developmental milestones and skills are typical for children ranging from 2 thru 5 participating in a Happyfeet class. These milestones have been gathered from a wide range of sources in the early childhood development field.

Physical / Movement	Social / Emotional	Cognitive(learning, thinking, solving)	Language and Communication	Happyfeet Soccer Skills
Balance on 1 foot for 5 seconds	Copies others & coach	Understands "big, little, tall, short, wide"	Sings a song or poem from memory	Tip Toe or Toe Taps, stationery
Balance w eyes closed	Gets excited to play	Understands basic shapes and colors	Can say first and last name	Tic Tock or "inside-inside", stationery
Stands on tiptoes	Takes turns in games	Plays make believe games	Carries a conversation	Roll-roll or Sole roll, forward/back
Standing to running	Shows concern	Understands counting	Applies Math	Step over , Step over with a touch away
Jumping 1 foot & 2	Enjoys new activities	Follows short clear instructions	Counting and basic calculations	Blast off or shooting technique,
Hopping / Skipping	Cooperates with others	Distinguishes between real and imaginary world	Spatial awareness	Pull Back, pull back with a touch
Throwing ball	Is more creative	Reproduces a simple skill from memory	Running in open space	Advanced - Scissors move, scissors with a touch
Catching ball	Wants to please coach and friends	Demonstrates eagerness and interest as learner by questions and ideas	Running in space with obstacles	Dribble and freeze/ stop-go
Completes 30 min class	Agrees with and follows simple rules	Ranks sounds - loud, soft, softer etc	Depth perception with moving objects	Heal kick / back heel
Shuffle sideways	Shares when asked	Shows creativity in play	Running in a crowd space without bumping	Stopping a moving ball, control
Run Backwards	Give direction to others	Predicts outcomes based on experience	Looking for the biggest space to freeze playing tag	Advanced -Dribble and shoot at small goal
Stops on command	Helps with setup and clean up	Problem solving skills	Using space to your advantage to move from A-B	Advanced Level- Passing and receiving

*** The Happyfeet coach will periodically evaluate a child using the chart above, highlighting milestones achieved.

A message from Coach.....
