

# *The Objectives of Rhythmic Gymnastics Program*

## **Physical/Coordination Skills**

- Develops strength and agility on both sides of the body.
- Enhances fine motor skill coordination and manual dexterity development by using hand apparatus.
- Develops gross motor skills by incorporating large body movements such as running, skipping, galloping, jumping, hopping, balancing, turning, and leaping.
- Develops strength through gross motor skills.
- Develops hand-eye and foot-eye coordination.
- Improves flexibility through safely stretching muscle groups prior to static and dynamic activities.
- Develops a keen sense of balance.
- Develops grace using various dance movements with music.

## **Psychological and Social Skills**

- Develops social skills in relating with other children while working together in small groups.
- Develops skills of interacting with adult (teacher), other than parents, in a positive learning setting.
- Enhances positive self-image through the development verbal and physical skills.
- Helps gain individuality by the uniqueness of the sport.
- Builds self-esteem.

## **Cognitive Skills**

- Develops an early sense of rhythm as it introduces different styles of and tempos of music.
- Develops musicality as it enhances auditory awareness.
- Develops spatial awareness through movement in a large space.
- Introduces the concept of levels and speeds.
- Develops memory retention by teaching various combinations of skills.
- Develops directional skills and use of patterns through a variety of techniques with equipment.