



## SE SOKOLEM DO ŽIVOTA

PROGRAM POHYBOVÉ GRAMOTNOSTI PRO PŘEDŠKOLNÍ DĚTI



# WITH SOKOL FOR LIFE

*"The world doesn't end outside the door we learn from animals to run jump climb and more ..."*

In addition to our regular Friday school program and gymnastics for preschool and kindergarten kids, we will start a new program this year. This project is intended for children from 3 to 6 years of age. It was developed by the Sokol in the Czech Republic and every year more groups and schools have been joining.

*All tasks in the project will help to develop and practice physical skills, play games with balls, learn about an environment, use Czech and Slovak language, and enjoy other non-traditional activities. Falcon Pepik will follow all their activities.*

Program is based on the Sokol exercise and many years of practice of trainers for preschoolers and parents and children. Currently, the methodological material that teachers receive within the project is one of the best elaborated curriculum materials for physical education, which we have in the country and which supports the framework educational program of preschool education.

The project is divided into three categories according to difficulty to suit the growth and development of preschool children. Specifically, these are the following age groups: the youngest category 3-4 years, the middle category 4-5 years and the oldest children aged 5 to 6 years. Each age category has a certain number of assigned tasks and their complexity increases according to age. Once the children have learned the skill and managed to complete the assigned task, they stick a sticker in their workbook and can observe the achievements. Children are accompanied by various animals through individual tasks, which open the door to the world for them.

[Watch Czech promotional video.](#)

In addition to regular weekly meetings on Mondays we will organize family trips suitable for this age group.

**Please register by sending an email to Veronika: [events@sokolwashington.org](mailto:events@sokolwashington.org)**

**WHEN: First meeting Monday, September 13, 2021 (ask for following dates at registration)**

**6:00 pm - 7:00 pm**

**WHERE: Carderock Park (directions will be sent to your email)**

**Register now!**