

Class Goals

Theme: DECEMBER FUN!

CLASS GOALS

🔴 ***RED (Parent & Child)***

- *Encourage parent-child participation through festive songs, stretches, and playful movement.*
- *Practice basic climbing, crawling, jumping, rolling, and balancing.*
- *Build coordination, body awareness, and confidence through holiday-themed obstacle courses.*

🟢 ***GREEN***

- Review basic rolls, jumps, balances, and introductory handstands and cartwheels.
- Reinforce safe landings, body positions, and following directions.
- Build coordination, independence, and confidence through festive obstacle courses.

🟡 ***YELLOW***

- *Review and refine rolls, handstands, cartwheels, jumps, and balance beam skills.*
- *Emphasize proper technique, tight body positions, straight legs, and controlled landings.*
- *Challenge students with holiday-themed skill combinations and obstacle courses that build strength, coordination, and confidence.*