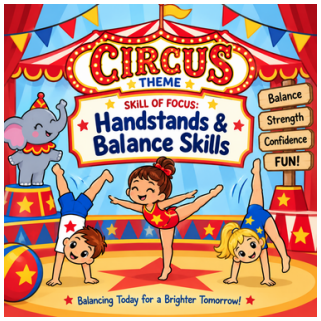

Class Goals

MPG Skill of Focus: Upside-Down

Theme: Circus

CLASS GOALS

🔴 ***RED (Parent & Child)***

- *Introduce balance and upside-down movement through playful circus activities. Encourage body awareness, weight shifting, and confidence with support as needed.*

🟢 ***GREEN***

- Develop handstand preparation and balance control through circus-themed skills. Focus on controlled kicking, weight transfer, and holding simple balance positions.

🟡 ***YELLOW***

- *Build stronger handstand technique and controlled balance positions through circus-themed challenges. Encourage straight arms, stronger kicks, stable holds, and greater independence.*