



Class Goals

MPG Skill of Focus: Jumps

Theme: Down on the Farm

CLASS GOALS

● **RED (Parent & Child)**

- *Two-foot jumps*
- *Tuck jumps*
- *Straddle / apart-together jumps*
- *Jumping up onto a surface*
- *Jumping down from a surface*
- *Jumping on different-level surfaces*
- *Practice bending knees and landing safely on two feet*

● **GREEN**

- *Two-foot and one-foot jumps*
- *Tuck jumps*
- *Apart-together jumps*
- *Straddle jumps*
- *Pike jumps*
- *½-turn jumps*
- *Full-turn jumps*
- *Scissor jumps*
- *Jumping up, down, on, and across different-level surfaces*
- *Emphasize controlled takeoffs and safe landings*

● **YELLOW**

- *Two-foot and one-foot jumps*
- *Tuck jumps*
- *Straddle jumps*
- *Pike jumps*
- *½-turn jumps*
- *Full-turn jumps*
- *Scissor jumps*
- *Split jumps*
- *Jumping up, down, on, and across different-level surfaces*
- *Emphasize height, body position, control, and safe landings.*