

Class Goals

Theme: “FALL” INTO THANKSGIVING

CLASS GOALS

🔴 ***RED (Parent & Child)***

- *Rolls: Introduce rolling movements with parent assistance.*
- *Handstands: Explore supported "turkey kicks" and weight-bearing on hands.*
- *Balance: Practice walking across low balance beams and uneven surfaces.*
- *Bars: Develop grip strength, supported hanging, and swinging.*

🟢 ***GREEN***

- Rolls: Practice forward rolls with proper head tuck and coach assistance as needed.
- Handstands: Introduce donkey kicks ("turkey kicks") with two-foot takeoffs.
- Balance: Practice walking across beams with increasing independence.
- Bars: Develop hanging strength, swinging, and supported bar skills.

🟡 ***YELLOW***

- *Rolls: Improve forward roll technique, control, and independence.*
- *Handstands: Progress from donkey kicks to single-leg kicks and beginning handstand shapes.*
- *Balance: Practice controlled beam walks and balance challenges.*
- *Bars: Strengthen grip, body control, and foundational bar skills.*