

Class Goals

MPG Skill of Focus: Upside-Down

Theme: Rodeo

CLASS GOALS

🔴 ***RED (Parent & Child)***

- *Introduce a variety of supported upside-down positions and movements. Focus on comfort with inversion, body awareness, weight-bearing, and safe participation*

🟢 ***GREEN***

- Practice a variety of basic upside-down skills and progressions. Focus on confidence, body control, strength, and increasing independence.

🟡 ***YELLOW***

- *Develop and refine a variety of upside-down skills and progressions. Focus on body position, control, strength, confidence, and greater independence.*