

Class Goals

MPG Skill of Focus: CORE STRENGTH & LANDINGS

Theme: STATE FAIR

CLASS GOALS

🔴 ***RED (Parent & Child)***

- *Introduce Slide and Upside-Down Slide positions with assistance.*
- *Encourage students to hold and support their body weight as they are able.*
- *Practice jumping/stepping down to two feet and finishing in Landing Position.*
- *Build balance, coordination, and body awareness throughout the circuits.*
- *Keep skills simple, supported, and fun using the State Fair theme.*

🟢 ***GREEN***

- Practice Slide and Upside-Down Slide with increasing independence.
- Encourage a strong body position and short controlled holds.
- Practice two-foot jumps and landings with bent knees and balance.
- Reinforce core strength and body control during bars, balancing, jumping, and handstand activities.
- Encourage students to freeze and hold their Landing Position.

🟡 ***YELLOW***

- *Perform Slide and Upside-Down Slide with greater independence and control.*
- *Encourage strong, tight body positions during core-strength activities.*
- *Practice controlled two-foot landings with bent knees and a balanced finish.*
- *Reinforce core strength and control during handstands, cartwheels, bars, balancing, and jumping.*
- *Challenge students to stick and hold their landing before moving to the next activity.*