

Overview & Purpose

MPG Skill of Focus: Stretch & Strons

Theme: 4th of July

Coach Overview

This week, gymnasts will develop strength, flexibility, and body awareness through fun, patriotic-themed activities and obstacle courses. Incorporate age-appropriate hanging, climbing, crawling, animal walks, support holds, planks, and stretching activities to build strength, coordination, balance, body control, and confidence. Keep activities playful and engaging, focusing on effort, proper body shapes, and progress rather than perfection.

Class Goals

🔴 ***RED (Parent & Child)***

- *Explore basic stretches with parent assistance.*
- *Build foundational strength through climbing, hanging, crawling, pushing, and pulling.*
- *Develop body awareness, confidence, and independence through supported movement and play.*
- *Strengthen the parent-child connection.*

🟢 ***GREEN***

- *Practice age-appropriate stretches (pike, straddle, butterfly).*
- *Build foundational strength through hanging, balancing, climbing, and body-weight activities.*
- *Develop body control, coordination, spatial awareness, and basic gymnastics shapes.*
- *Increase confidence, listening skills, and willingness to try new challenges.*

🟡 ***YELLOW***

- *Improve flexibility, body control, and key gymnastics shapes.*
- *Build the strength and body tension needed for future gymnastics skills.*
- *Develop coordination, endurance, and overall physical readiness.*
- *Encourage perseverance, confidence, and a growth mindset through challenging activities.*