



Overview & Purpose

MPG Skill of Focus: Body Positions

Theme: Dinosaurs

Coach Overview

*This week gymnasts will practice three important gymnastics body positions: **Straight, Tuck, and Lunge** through dinosaur-themed games, obstacle courses, and activities. These body positions are the building blocks for many gymnastics skills and learning them now makes future skills easier and safer. Coaches will teach a tight **Straight Body** for strength, control, and form, a **Tuck Position** for rolls and flipping skills, and the **Gymnastics Lunge** using our cue words: Step, Bend, Lean, Reach... Gymnastics Lunge! The goal is to build body awareness, coordination, confidence, and strong gymnastics fundamentals.*

CLASS GOALS

● **RED (Parent & Child)**

- *Explore Straight, Tuck, and Lunge with parent support.*
- *Build body awareness through play and repetition.*
- *Practice listening and following directions.*
- *Celebrate participation and effort*

● **GREEN**

- *Create recognizable body positions independently.*
- *Learn the lunge sequence: **Step → Bend → Lean → Reach**.*
- *Improve coordination, balance, and body control.*
- *Connect body positions to beginner gymnastics skills.*

● **YELLOW**

- *Perform body positions with stronger form and control.*
- *Use proper body tension in Straight, Tuck, and Lunge.*
- *Understand how these positions apply to gymnastics skills.*
- *Increase confidence and attention to detail*