

Overview & Purpose

MPG Skill of Focus: Rings & Swings

Theme: Safari

Coach Overview

*Every child should leave class having spent plenty of time **gripping, hanging, and swinging**. Use bars and rings throughout class to build grip strength, upper-body strength, body control, and confidence with age-appropriate progressions. Bring the Safari theme to life by encouraging students to **"swing through the jungle"** as they explore and move like adventurous animals. .*

CLASS GOALS

🔴 ***RED (Parent & Child)***

- *Hang with parent or coach support.*
- *Practice gentle forward and backward swings.*
- *Build grip strength and confidence.*
- *Have fun exploring!*

🟢 ***GREEN***

- *Hang independently on bars and rings.*
- *Practice controlled swinging.*
- *Hold straight or tuck body positions while swinging when ready.*
- *Build strength and body control.*

🟡 ***YELLOW***

- *Perform strong, controlled hangs and swings.*
- *Practice glide swings and body positions.*
- *Maintain tight body shapes while swinging.*
- *Prepare for future bar skills.*