

Skill Tree - Parent View

RED (Parent & Child)

Our littlest RED class pumpkins are exploring the fun of rolling through playful, age-appropriate movement! With guidance and support, rolling activities help toddlers develop body awareness, balance, and spatial awareness as they experience moving their bodies in new ways. These early movement experiences also help build confidence and coordination.

GREEN (3 Years)

Our three-year-old GREEN class pumpkins are having a spooktacular time practicing rolling skills! Rolling helps develop coordination, core strength, and body control while introducing children to moving their bodies upside down. These important movement experiences support balance, spatial awareness, and confidence as our gymnasts continue developing their gymnastics foundations.

YELLOW (4–5 Years)

Our older YELLOW class pumpkins are building their gymnastics foundations through Halloween-themed rolling activities! Rolling develops core strength, coordination, balance, and body control while helping gymnasts become more comfortable changing body positions and moving upside down. These skills provide an important foundation for more advanced gymnastics movements while building confidence and independence.

Skill Tree - Coach Reminder

* = Introduced (student was present for SOF)

** = Practicing (student tried doing SOF)

*** = Confident (student can do SOF easily)