Skill Tree - Parent View

🔴 RED (Parent & Child)
This week our Skill of Focus is Gym Safety & Landings. Gymnasts will practice safe habits like walking safely in the gym, getting on and off equipment with help, and learning a basic "safe landing" position with bent knees and balanced feet.

🟢 GREEN (3 Years)
This week our Skill of Focus is Gym Safety & Landings. Students will practice walking safely around the gym, getting on and off equipment the correct way, and showing a strong, balanced landing position after skills.

🟡 YELLOW (4–5 Years)
This week our Skill of Focus is Gym Safety & Landings. Gymnasts will reinforce safe gym habits, including using equipment properly, moving safely between stations, and finishing skills with a controlled, balanced landing.

Skill Tree - Coach Reminder

* = Introduced (student was present for SOF)
** = Practicing (student tried doing SOF)
*** = Confident (student can do SOF easily)