Skill Tree - Parent View

🔴 RED (Parent & Child)
This week, our Skill of Focus is handstands and balance skills with a fun circus twist, as students explore balancing and going upside down like circus acrobats! These activities help build body awareness, coordination, balance, and confidence.

🟢 GREEN (3 Years)
This week, our Skill of Focus is handstands and balance skills with a fun circus twist, as students practice balancing and going upside down like circus acrobats! These skills help develop strength, coordination, balance, and body control.

🟡 YELLOW (4–5 Years)
This week, our Skill of Focus is handstands and balance skills with a fun circus twist, as students work on stronger handstands and controlled acrobat-style balance poses! These skills help develop strength, stability, coordination, balance, and body control.

Skill Tree - Coach Reminder

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