

Skill Tree - Parent View

RED (Parent & Child)

We are learning the basics of jumping! Students will practice two-foot, tuck, straddle/apart-together jumps, and jumping up, down, and onto different-level surfaces—with grown-up assistance as needed.

GREEN (3 Years)

We are building coordination, strength, and control through jumping! Students will practice two-foot and one-foot jumps, tuck, straddle, pike, turning and scissor jumps, while jumping up, down, on, and across different-level surfaces.

YELLOW (4–5 Years)

We are developing stronger and more advanced jumping skills! Students will practice two-foot and one-foot jumps, tuck, straddle, pike, turning, scissor, and split jumps while working on controlled takeoffs and safe landings on a variety of surfaces.

Skill Tree - Coach Reminder

* = Introduced (student was present for SOF)

** = Practicing (student tried doing SOF)

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