Skill Tree - Parent View

🔴 RED (Parent & Child)
Explores being upside down in fun, supported ways. Builds comfort and body awareness while experiencing different inverted positions.

🟢 GREEN (3 Years)
Practices a variety of basic upside-down positions and movements. Builds confidence, strength, and body control with increasing independence.

🟡 YELLOW (4–5 Years)
Develops greater control and confidence while performing a variety of upside-down skills. Works toward stronger, more independent inverted positions and movements.

Skill Tree - Coach Reminder

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