Skill Tree - Parent View

🔴 RED (Parent & Child)
Red class students will build early core strength and body awareness through supported body positions, climbing, balancing, and movement while having fun exploring our State Fair-themed activities. They will also begin practicing a safe two-foot landing position with parent and coach assistance.

🟢 GREEN (3 Years)
Green class students will develop core strength and body control while practicing Slide and Upside-Down Slide positions. Through our fun State Fair-themed circuits, they will also practice jumping and landing with two feet together, bent knees, and good balance.

🟡 YELLOW (4–5 Years)
Yellow class students will strengthen their core and overall body control while practicing gymnastics body positions more independently. During our State Fair-themed circuits, they will work on controlled jumps and a strong landing position with two feet, bent knees, and a balanced finish.

Skill Tree - Coach Reminder

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