

CLASS GOALS
SOF: CARTWHEELS

Cartwheels require lateral movement, upper body strength, spatial awareness & flexibility.

HOT TIP: Have students monky jump around the ENTIRE red cartwheel block to identify a child's dominant/preferred side BEFORE introducing "Super Foot' or Lunge cartwheels

CLASS GOALS

🔴 *RED (Parent & Child)*

- *Explore side-to-side/lateral movement*
- *Introduce Donkey Kicks & Monkey Jumps*
- *Encourage hands down + feet off the floor*
- *Build confidence, coordination & body awareness*
- *Keep it playful and parent-assisted as needed*

🟢 *GREEN (3yr)*

- *Practice Monkey Jumps*
- *Develop stronger side-to-side movement*
- *Introduce Tiger Reach: arms high → Monkey Jump → arms high*
- *Build upper-body strength & coordination*
- *Encourage independence and repetition*

🟡 *YELLOW (4-5yr)*

- *Practice cartwheel progressions - Monkey Jump → Tiger Reach → Super Foot → beginning Cartwheel*
- *Identify the child's dominant/preferred side*
- *Teach a proper gymnastics lunge*
- *Focus on strong hands, straight legs & controlled landings*