


# CLASS GOALS
# SOF: MOUNTS & DISMOUNTS

⭐ **COACHING REMINDERS ALL CLASSES**

- Use the words MOUNT and DISMOUNT throughout class.
- MOUNT: Getting ONTO gymnastics equipment.
- DISMOUNT: Getting OFF gymnastics equipment.
- Demonstrate skills and provide appropriate spotting.
- Adjust challenges to each child's ability.
- Reinforce proper landings: two feet, bent knees, and balance!
- Celebrate landings with "Gobble, Gobble!"

***CLASS GOALS***

🔴 ***RED (Parent & Child) - Focus: Exploration & Parent Assistance***

- Climb ON and OFF low equipment with parent assistance.
- Practice stepping up and stepping down safely.
- Introduce two-foot landings with support.
- Build coordination, body awareness, and confidence.

🟢 ***GREEN (3yr) - Focus: Independence & Basic Skills***

- Practice mounting and dismounting with increasing independence.
- Introduce simple squat-on and straddle-on mounts with assistance.
- Practice controlled step-downs and small jump dismounts.
- Reinforce landing on two feet with bent knees.

🟡 ***YELLOW (4-5yr) - Focus: Technique & Body Control***

- Practice squat-on and straddle-on mounts.
- Work on front-support mounts on bars with appropriate spotting.
- Practice controlled stretch-jump and basic bar dismounts.
- Focus on sticking landings with proper technique.