

CLASS GOALS
SOF: ROLL LIKE A PUMPKIN

⭐ **ALL CLASSES**
All Levels: Keep rolling activities fun, safe, and engaging with our Halloween and Pumpkin theme!

CLASS GOALS

🔴 ***RED (Parent & Child)***
- Introduce forward, backward, and sideways rolling with assistance.
- Encourage body awareness and movement in different directions.
- Build confidence through playful rolling activities.

🟢 ***GREEN (3yr)***
- Practice forward, backward, and sideways rolling with assistance as needed.
- Encourage tucked body positions and controlled movements.
- Develop coordination, balance, and core strength.

🟡 ***YELLOW (4-5yr)***
- Practice forward, backward, and sideways rolls with increasing independence.
- Focus on proper body positioning, tucked shapes, and controlled movements.
- Improve coordination, spatial awareness, and core strength.