



CLASS GOALS

SOF: TIGHT & STRAIGHT BODY



★ ALL CLASSES

Straight arms • Straight legs • Legs together • Tight body

The progression is simply: RED = learn it → GREEN = hold it → YELLOW = use it.

CLASS GOALS

● RED (Parent & Child)

Goal: Make my body straight!

- Introduce tight & straight
- Practice straight arms and legs
- Stand tall and strong
- Build body awareness through play

● GREEN (3yr)

Goal: Make body straight & tight & hold it!

- Practice straight arms and legs
- Keep legs together
- Practice holding a tight body

● YELLOW (4-5yr)

Goal: Stay tight & straight through the skill!

- Show a tight, straight body
- Keep arms and legs straight
- Keep legs together
- Stay tight during gymnastics skills