

CLASS GOALS

MPG Skill of Focus: UPSIDE-DOWN

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🔴 ***RED (Parent & Child)***
Introduce safe, playful upside-down positions. Focus on body awareness, weight-bearing through the hands, balance, and becoming comfortable with the head below the hips.

🟢 ***GREEN (3yr)***
Build confidence and control in a variety of inverted positions. Focus on straight-arm support, core strength, body shapes, donkey kicks, and beginning handstand concepts with assistance as needed.

🟡 ***YELLOW (4-5yr)***
Develop stronger, more controlled inverted skills. Focus on straight arms, tight body positions, hand support, controlled entries and exits, and progressing toward more independent handstands and other upside-down skills.