



Overview & Purpose

MPG Skill of Focus: Backwards

Theme: Superheroes

This week our preschool gymnasts will discover their "backwards superhero powers!"

Moving backwards helps children develop balance, body awareness, coordination, spatial awareness, and motor planning skills. Throughout the gym, students will practice fun and creative ways to move backwards while imagining they are superheroes on special missions.

Class Goals

● RED (Parent & Child)

Our youngest superheroes will explore simple backward movements with the support of their grown-up. Focus on backward walking, crawling, rolling, and gentle swinging activities that build body awareness, balance, and confidence while introducing movement in reverse.

● GREEN

Green superheroes will practice backward walking, hopping, balancing, rolling, and navigating simple obstacle challenges. These activities help develop coordination, spatial awareness, motor planning, and confidence moving independently in different directions.

● YELLOW

Yellow superheroes will be challenged with more advanced backward movement patterns, including directional changes, balance challenges, locomotor skills, and obstacle courses that require planning and control. Activities will focus on improving body awareness, coordination, reaction time, and overall athletic development.

★ Superhero Mission: Encourage students to move backward whenever it's safe and appropriate throughout class. Every backward step helps build stronger balance, coordination, confidence, and body control! ★