SKILL TRACKING WRITE-UPS

🔴 RED (Parent & Child)
RED classes are exploring sideways movement through fun activities and beginner “monkey jump” cartwheels. Children practice moving side to side in different ways as they become more comfortable using their bodies in new directions.

These early experiences help build coordination, balance, and body awareness while increasing confidence and willingness to try new movements in a safe and playful environment.

🟢 GREEN (3 Years)
GREEN classes are practicing sideways movement and introducing “monkey jump” cartwheels on both the left and right side of the body. Children begin to explore how their body moves laterally through obstacle courses and guided activities.

Working both sides helps develop coordination, strength, and body control while building a strong foundation for future cartwheel skills.

🟡 YELLOW (4–5 Years)
YELLOW classes are focusing on cartwheel development through lateral movement, monkey jump progressions, and beginning cartwheel technique. Children practice on both sides, begin identifying a dominant side, and learn how to start in a proper gymnastics lunge position.

These skills build strength, coordination, and body control while helping children develop the confidence and technique needed for successful cartwheels and more advanced gymnastics skills.

* = Introduced (student was present for SOF)
** = Practicing (student tried doing SOF)
*** = Confident (student can do SOF easily)