# SKILL TRACKING WRITE-UPS - ROLL LIKE A PUMPKIN

🔴 RED (Parent & Child)
Our little RED class pumpkins are rolling into Halloween fun! This week, we're practicing forward, backward, and sideways rolling through playful, age-appropriate activities. With assistance, our youngest gymnasts will explore body movement, develop spatial awareness, and build confidence as they learn how their bodies move in different directions.

🟢 GREEN (3 Years)
It's time to roll like a pumpkin! This week, our GREEN classes will explore forward, backward, and sideways rolling through fun Halloween-themed activities. These movements help develop coordination, balance, body awareness, and core strength while encouraging independence and confidence.

🟡 YELLOW (4–5 Years)
Our pumpkins are on a roll! This week, YELLOW classes will practice forward, backward, and sideways rolling while focusing on body control, coordination, and proper rolling techniques. These foundational gymnastics skills help strengthen core muscles, improve spatial awareness, and develop the confidence needed for more advanced gymnastics movements.

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