

SKILL TRACKING WRITE-UPS

● RED (Parent & Child)

RED classes are introducing what it feels like to make our bodies straight and strong! Through simple positions, climbing, balancing, jumping and lots of repetition, children will practice straightening their arms and legs and briefly holding their bodies still.

At this age, we aren't looking for perfect body positions. We're helping toddlers build body awareness and early core strength while learning simple concepts such as straight, tight, tall and hold.

● GREEN (3 Years)

GREEN classes are learning how to make a tight, straight body position by straightening our arms and legs, squeezing our muscles and holding our body still.

We'll practice using our “tight body” during jumps, balances, rolls, donkey kicks and other beginning gymnastics skills. Learning to control their body position helps children develop strength, balance, coordination and body awareness—important building blocks for future gymnastics skills.

● YELLOW (4–5 Years)

YELLOW classes are focusing on body tension and straight body alignment—two important foundations of gymnastics. Gymnasts will practice keeping their legs together and straight, extending through their arms and maintaining a strong, controlled body position.

We'll challenge children to carry that position into skills such as straight jumps, handstands, donkey kicks, balancing, hanging and body holds. A gymnast who can intentionally make their body tight and straight has greater control when learning more advanced skills.

* = Introduced (student was present for SOF)

** = Practicing (student tried doing SOF)

*** = Confident (student can do SOF easily)