SKILL TRACKING WRITE-UPS

🔴 RED (Parent & Child)
Children explore safe upside-down positions while building body awareness, balance, and confidence with new ways of moving. These playful experiences introduce the vestibular system and help children learn where their bodies are in space.

🟢 GREEN (3 Years)
Children practice supporting their bodies on their hands and moving in and out of upside-down positions with greater control. These activities build upper-body and core strength, balance, coordination, and spatial awareness.

🟡 YELLOW (4–5 Years)
Children develop greater strength and body control while practicing progressively more challenging upside-down skills and handstand shapes. Learning to confidently bear weight on the hands and control the body while inverted builds a strong foundation for future gymnastics skills.

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