

SKILL TRACKING WRITE-UPS

● RED (Parent & Child)

We are learning the basics of jumping! Students will practice jumping with two feet together, jumping apart and together, jumping up onto and down from raised surfaces, tuck jumps, moving their arms into different positions while jumping, and beginning to jump and turn.

● GREEN (3 Years)

We are building stronger and more coordinated jumping skills! Students will practice two-foot and one-foot hops, jumping apart and together, tuck, straddle, and scissor jumps, jumping up onto and down from raised surfaces, using different arm positions, jumping and turning, galloping, and skipping.

● YELLOW (4–5 Years)

We are developing more advanced jumping skills and learning to connect jumps together! Students will practice two-foot and one-foot hops; tuck, straddle, scissor, split, and pike jumps; galloping and skipping; jumping and turning; and combining multiple jumps in sequence. We will also practice finishing dismount jumps in a safe, controlled landing position.

* = Introduced (student was present for SOF)

** = Practicing (student tried doing SOF)

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