SKILL TRACKING WRITE-UPS

🔴 RED (Parent & Child)
This week, your gymnast will build confidence by hanging with support, enjoying gentle swinging, and beginning tuck swings while strengthening their grip and upper body.

🟢 GREEN (3 Years)
This week, your gymnast will practice hanging independently, developing controlled swings, and learning tuck swings and pike hangs while building upper-body strength and body control.

🟡 YELLOW (4–5 Years)
This week, your gymnast will develop stronger swings and tighter body positions by practicing tuck swings, pike hangs, inverted pike hangs, and glide swings while building the strength and coordination needed for future bar skills.

🟢🟡 GREEN/YELLOW (Mixed Age Class)
This week, your gymnast will build upper-body strength, body control, and confidence by practicing tuck swings, pike hangs, and glide swings while preparing for more advanced gymnastics skills.

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