




**TUMBLES' FLIPPING FIT CHALLENGE
SKILL CHART (AGES 3-5)**

**WEEK 1
APRIL 6 - 10**




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VAULT DRILLS

-  Jump from a lunge to a "vault" position, Freeze
-  Three Straight Jumps to a "freeze" position
-  Tuck jump to freeze




CONDITIONING

-  Run in place for one minute
-  Sit down, straight legs, touch toes, five times
-  Stand up, feet together, straight legs, touch toes, five times

BALANCE BEAM

-  Jump from the beam to a tuck position
-  Balance on tip-toes across beam
-  Straight Leg Kicks across Balance Beam




FLOOR/TUMBLING

-  Handstand, climb feet up wall
-  Cartwheel, show hands and feet and cartwheel action
-  Handstand, climb feet up wall, balance one foot




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**WEEK 2
APRIL 13 - 17**




VAULT DRILLS

-  Lunge walks
-  Run, Jump and Freeze
-  Skip, or Step Hops




CONDITIONING

-  Standing Straddle, Touch toes, knees, belly, shoulders, head, sky...3 times
-  Standing Straddle, hands on hip, side to side, front and back, 5 times each
-  Balance on one foot, count to 5, change legs

BALANCE

-  Bunny Hops
-  Squat, up on tip-toes, step kicks
-  Step cross, step Freeze

FLOOR/TUMBLING

-  Bear Crawls
-  Crab Walks
-  Candlestick to tuck position

**Child's
Name:** _____