


**TUMBLES' FLIPPING FIT CHALLENGE
SKILL CHART (AGES 6 - 10)**


**WEEK 1
APRIL 6 - 10**


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VAULT DRILLS


-  Correct running technique (L's and 7's)


-  Lunge, Straight Jump, Freeze...10 times

-  Lunge, Tuck Jump, Freeze...10 times


CONDITIONING


-  Run in place for 2 minutes


-  10 Tuck Jumps

-  10 Jumping Jacks


BALANCE


-  Swing, Swing, Jump...10 times


-  Step, Across, Step, Freeze, Step, Behind, Step, Freeze...10 times

-  Step Kicks...10 times

FLOOR/TUMBLING

-  Handstand against wall


-  Cartwheel


-  Donkey Kicks


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**WEEK 2
APRIL 13 - 17**


VAULT DRILLS


-  Run..fast, fast...Freeze


-  Run, Knees up

-  Lunge Walks


CONDITIONING


-  Standing straddle, touch your toes, knees, belly, shoulders, head, sky...5 times


-  Sit in pike, hold toes, count to 5

-  Lunge, Lift, back to Lunge


BALANCE


-  Skip forward/backwards


-  Swing arms and jump

-  Squat, releve, step kicks

FLOOR/TUMBLING

-  Candlestick to Tuck, Stand Up

-  Hands on mat, feet from right up to Handstand, down to left

-  Candlestick to Tuck

**Child's
Name:** _____