


**TUMBLES' FLIPPING FIT CHALLENGE
SKILL CHART (AGES TODDLER TO YOUNG 3'S)**


**WEEK 1
APRIL 6 - 10**


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VAULT DRILLS


-  Lunge position, change legs


-  Three Straight jumps

-  Run in place, count to 10

CONDITIONING

-  Squat and bounce, count to 10

-  Butterfly, nose to toes

-  Balance on one foot


BALANCE


-  Walk forwards


-  Walk sideways

-  Walk on tip-toes

FLOOR/TUMBLING

-  Handstand, climb feet up wall


-  Cartwheel, show hands and feet and cartwheel action


-  Bear crawls


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SKILL CHART (AGES TODDLER TO YOUNG 3'S)**

**WEEK 2
APRIL 13 - 17**


VAULT DRILLS


-  Hop, count to 10


-  Three straddle jumps

-  Run...fast, fast, fast...Freeze


CONDITIONING


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


-  Sit in straddle, Tick Tock, count to 5

-  March in place, count to 10


BALANCE


-  Hop step, Hop step


-  Flamingo balance

-  Step together, Step Freeze

FLOOR/TUMBLING

-  Rock N' Roll

-  Crab Walks

-  Candlestick to pike

**Child's
Name:** _____