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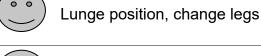
TUMBLES' FLIPPING FIT CHALLENGE SKILL CHART (AGES TODDLER TO YOUNG 3'S)

WEEK 1 **APRIL 6 - 10**

VAULT DRILLS



CONDITIONING





Squat and bounce, count to 10



Three Straight jumps



Butterfly, nose to toes



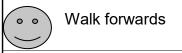
Run in place, count to 10

Balance on one foot

BALANCE



FLOOR/TUMBLING



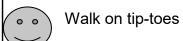


Handstand, climb feet up wall





Cartwheel, show hands and feet and cartwheel action



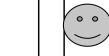


Bear crawls

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

WEEK 2 **APRIL 13 - 17**

VAULT DRILLS



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

CONDITIONING



Three straddle jumps

Hop, count to 10



Sit in straddle, Tick Tock, count to 5



Run...fast, fast...Freeze



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