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

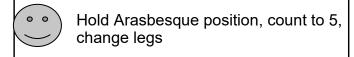
WEEK 3 APRIL 20 - 24

VAULT DRILLS

Jump from a lunge to straight jump, Freeze

- Three Tuck Jumps to a "freeze" position
- Three straddle jumps to a "freeze" position

CONDITIONING





Sit in straddle, wacky feet

BALANCE BEAM



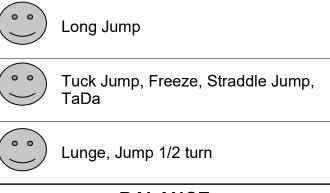
FLOOR/TUMBLING



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

WEEK 4 APRIL 27 - May 1

VAULT DRILLS



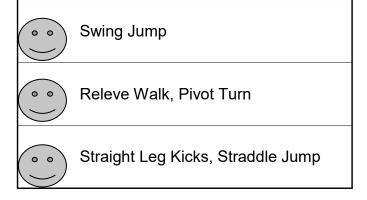
CONDITIONING

Run to the nearest door and back

Pretend to jump rope, count to 10

V-Sit, count to 10

BALANCE



FLOOR/TUMBLING

0 0	Donkey Kicks
• •	Table Position, balance one foot
0 0	Candlestick, Tuck, Stand Up