


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


**WEEK 3
APRIL 20 - 24**


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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

-  Hold Arabesque position, count to 5, change legs

-  10 Jumping jacks

-  Sit in straddle, wacky feet


BALANCE BEAM


-  Releve walks, Straight Jump


-  Releve walks, Tuck Jump

-  Straight Leg Kicks, Tuck Jump

FLOOR/TUMBLING

-  Log Rolls


-  Scooby Doo Rolls


-  Gymnast, Tumble, Lunge, Handstand, TaDa


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

**WEEK 4
APRIL 27 - May 1**


VAULT DRILLS


-  Long Jump


-  Tuck Jump, Freeze, Straddle Jump, TaDa

-  Lunge, Jump 1/2 turn

CONDITIONING

-  Run to the nearest door and back

-  Pretend to jump rope, count to 10

-  V-Sit, count to 10


BALANCE


-  Swing Jump


-  Releve Walk, Pivot Turn

-  Straight Leg Kicks, Straddle Jump

FLOOR/TUMBLING

-  Donkey Kicks

-  Table Position, balance one foot

-  Candlestick, Tuck, Stand Up

**Child's
Name:** _____