

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

**WEEK 3
APRIL 20 - 24**

VAULT DRILLS



Lunge, 1/2 Turn



Lunge, Full Turn



3 Tuck Jumps to Squat

CONDITIONING



10 Leg Lifts



10 Sit Ups



10 Push Ups

BALANCE



Walk heel toe, straddle jump, freeze



Step, Chassé



Releve Walks, Pivot Turn

FLOOR/TUMBLING



Scooby Doo Rolls



Forward Roll to Stand



Tik Toks

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

**WEEK 4
APRIL 27 - May 1**

VAULT DRILLS



Long Jump



Lunge, Full Turn



3 Straddle Jumps to Squat

CONDITIONING



V-sit count to 10



Kneescale, change legs, each leg count to 5



10 Tuck Jumps

BALANCE



Walk heel toe, tuck jump, freeze



Jump side to side forwards



Jump side to side backwardds

FLOOR/TUMBLING



Gymnast, Tumbles, Lunge, Handstand, TaDa



Straddle Roll to Stand



Table or Bridge position

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**Child's
Name:** _____