


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


**WEEK 3  
APRIL 20 - 24**

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**VAULT DRILLS**

-  March, count to 10


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-  Run to the nearest door and back


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-  Jump up and down 5 times


**CONDITIONING**

-  Touch your toes, 5 times


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-  Try and touch the clouds, 5 times


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-  Pike Position, touch your toes


**BALANCE**

-  Balance on one foot, change feet


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-  Walk Forward, Squat


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-  Walk Forward, Freeze


**FLOOR/TUMBLING**

-  Gymnast, Tumble, Squat

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-  Log Roll


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-  Table Position


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

**WEEK 4  
APRIL 27 - May 1**


**VAULT DRILLS**

-  Run, Freeze, Run, Freeze


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-  Three Tuck jumps


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-  Swing arms and jump


**CONDITIONING**

-  Standing straddle, side to side, front and back


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-  Try and grab the apples out of the tree


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-  Pretend to pedal a bike, 5 times


**BALANCE**

-  Spin around in a circle 3 times


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-  Hop like a frog, 3 times


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-  Pretend to ride a horse


**FLOOR/TUMBLING**

-  Log Roll

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-  Gymnast, Tumble, Lunge

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-  Candlestick to Tuck

**Child's  
Name:** \_\_\_\_\_