


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


**WEEK 5
MAY 4 - 8**


**T
U
M
B
L
E
S

G
Y
M
N
A
S
T
I
C
S**


SINGLE BAR SKILLS


-  Grip Turns


-  Straddle, Tuck (balance favorite stuffed animal between knees), Table...3 times

-  Straddle, Pike (balance favorite stuffed animal between ankles), toes up an down...3 times


CONDITIONING


-  Side Scale, count to 5


-  Half Split, count to 5

-  Lever Hold, count to 5


BALANCE BEAM


-  Cat Position


-  Stag Position

-  V-Sit

FLOOR/TUMBLING

-  Lever Roll


-  Knick Knack


-  Egg Roll


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

**WEEK 6
MAY 11 - 15**


SINGLE BAR SKILLS


-  Plank, balance with favorite stuffed animal between ankles...count to 5


-  Seal, balance with favorite stuffed animal between ankles...count to 5

-  Push Up Position with broom...count to 5


CONDITIONING


-  Straddle Lift


-  Bow, 3 times

-  Curtsy, 3 times


BALANCE


-  Swing Jump, balance with favorite stuffed animal between knees


-  Straight Jump over favorite stuffed animal

-  Tuck Jump over favorite stuffed animal

FLOOR/TUMBLING

-  Broken Leg Walk

-  Log Roll, balance with favorite animal between ankles

-  Inch Worm

**Child's
Name:** _____