




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

**WEEK 5
MAY 4 - 8**




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SINGLE BAR SKILLS

-  Grip Turn...Lift Broom, turn hands, broom down...5 times
-  Push Up position with broom, count to 5
-  Hollow Position, count to 5




CONDITIONING

-  Lever Hold, count to 5
-  Squat Balance
-  Plank/Push Up Hold, count to 5

BALANCE

-  Stag Leap
-  Cat Leap
-  Kneescale




FLOOR/TUMBLING

-  Fish Flop
-  Candlestick Roll
-  Candlestick to Straddle Stand




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

**WEEK 6
MAY 11 - 15**




SINGLE BAR SKILLS

-  Superman Position, count to 5
-  Swing, Reach for Sky (imaginary bar) and Freeze, 10 times
-  Push up to Squat (draw a line), 10 times




CONDITIONING

-  Runner Stretch, count to 5
-  Straddle Lift Hold, count to 5
-  Stretch, up on tip-toes, 10 times

BALANCE

-  Hitch Kicks
-  V-Sit, count to 5
-  Flamingo Balance, Tip-Toes

FLOOR/TUMBLING

-  Knee half turn
-  Lever Roll
-  Side Scale

**Child's
Name:** _____