




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

**WEEK 5
MAY 4 - 8**




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SINGLE BAR SKILLS

-  Reach to sky (imaginary bar)
-  Reach to sky (imaginary bar) and Freeze
-  Reach to sky (imaginary bar), Grip Change (turn hands)




CONDITIONING

-  Squat, jump up, clap and freeze, 3 times
-  Knee push up, 3 times
-  Pike Tucks, 3 times

BALANCE

-  Walk Forward with favorite stuffed animal
-  Stand on beam (imaginary line), point foot behind and lift
-  Stand on beam (imaginary line), turn around




FLOOR/TUMBLING

-  Egg Roll
-  Table, balance favorite stuffed animal on tummy
-  Show Layout position




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

**WEEK 6
MAY 11 - 15**




SINGLE BAR SKILLS

-  Pike, balance with favorite stuffed animal between ankles, lift legs 3 times
-  Straight Jump, balance with favorite stuffed animal, 3 times
-  Swing, jump and freeze with favorite stuffed animal, 3 times




CONDITIONING

-  Candlestick to Tuck
-  Balance on one foot, count to 3
-  Gallop, count to 5

BALANCE

-  Walk forward, jump over favorite stuffed animal
-  Straight Jump, balance with favorite stuffed animal between knees
-  Walk sideways, jump over favorite stuffed animal

FLOOR/TUMBLING

-  Show a Stretch Position
-  Cartwheel action, jump-jump-jump
-  Jump side to side

**Child's
Name:** _____