

# TUMBLE TYKES

## Vault

- Jumps (with feet together)
- Hopscotch
- Safe Landing
- Hurdle
- Swing, straight jump (on ground)

## Uneven Bars

- Front Support (with hollow push)
- Possum Hang (with chin to the bar)
- Tuck & Straddle Hang
- Shimmy (with or without feet support)

## Balance Beam

- Crawling
- Jumps (over bean bags)
- Forward Walks
- Sideways Walks

## Floor Exercise

- Forward Roll (stand up with no hands)
- Donkey Kicks
- Handstand (feet on wall)
- Flanks
- Lunge concept

## Gym Safety Skills

- Follow Instruction
- Work Independently (3 minutes)
- Take Turns
- Walking in Line

