

# TUMBLE KIDS

## Vault

- Tuck Jump (grab knees) & Straddle Jump (off a block)
- Hurdle with Arm Swing
- Run + Hurdle
- Skipping

## Uneven Bars

- Monkey Bars
- Forward Roll
- 3 Casts (straight arms with strong leg swings)
- Support Hold (on parallel bars)

## Balance Beam

- Bear Walks
- Proper mount and safety stop
- Walks: Tip-Toe Forward, Regular Backward
- Donkey Kicks

## Floor Exercise

- Bridge with Tuck & Rolls (stand up with no hands)
- Cartwheel Concept
- Open Handstand Concept
- Backward Roll (with cheese)
- Proper Lunge
- Push-Up Position (7-10 seconds)

## Gym Safety Skills

- Follow Instruction
- Work Independently (4 minutes)
- Take Turns
- Walking in Line

