

TUMBLE KIDS

Vault

Tuck & Straddle Jump (off a block)

Hurdle with Arm Swing

Run + Hurdle

Skipping

Uneven Bars

Monkey Bars

Forward Roll

3 Casts

Support Hold (on parallel bars)

Balance Beam

Bear Walks

Forward Roll (on bumper beam)

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)

Preschool Skills

Follow Instruction

Work Independently (4 minutes)

Take Turns

Walking in Line

