

# TUMBLE TYKES

## Vault

Jumps (with feet together)

Hopscotch

Safe Landing

Hurdle

## Uneven Bars

Front Support

Possum Hang

Tuck & Straddle Hang

Shimmy

## 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

## Preschool Skills

Follow Instruction

Work Independently (3 minutes)

Take Turns

Walking in Line

