

TUMBLE KIDS

Vault

Tuck & Straddle Jump (off a block)

Hurdle with Arm Swing

Run + Hurdle

Skipping

Uneven Bars

3 Chin Up (with feet on a block)

Forward Roll

3 Casts

Tuck Hang & Straddle Hold

Balance Beam

Bear Walks

Forward Roll (on bumper beam)

Walks: Tip-Toe Forward, Regular Backward

V-Sit

Floor Exercise

Bridge with Tuck & Rolls

Cartwheel Concept

Handstand Concept

Backward Roll (with cheese)

Preschool Skills

Follow Instruction

Work Independently (4 minutes)

Take Turns

Walking in Line

