

KINDER GYM SKILLS

<u>Floor</u>	<u>Bars</u>
Forward Roll	Front Support hold for 3 seconds
Candle Stick	Cast
Tiger Tail	Glide swing
Chassé	Forward roll dismount
Passé walks	Cast away dismount
Straight jump	3-5 second chin-up hang
Tuck jump	3-5 second tuck hang
Backward roll down CH	3-5 second tuck sole hang
	3-5 second pike sole hang
	3-5 second straddle sole hang
<u>Vault</u>	<u>Beam</u>
Hurdle (jump from one foot to 2 feet)	Forward walk
Straight jump onto 8 inch mat (panel mat)	Relevé Walk
	3 second passé hold
	Forward Leg Swing
	Backward Leg swing
	Bear crawl
	Bunny Hops