

All American Gymnastics

Baby Bears

Gym Rompers

Floor

- _____ 1. Log roll
- _____ 2. Egg roll
- _____ 3. Fwd roll down cheese
- _____ 4. Bridge w/ hips off floor
- _____ 5. Donkey kicks

Bars

- _____ 6. Front support
- _____ 7. Hanging tuck hold 3 sec.
- _____ 8. Swinging wall pushes
- _____ 9. Skin the cat
- _____ 10. Fwd roll w/ spot
- _____ 11. Chin hold 2 sec.

Floor Beam

- _____ 12. Walk fwd
- _____ 13. Walk sideways
- _____ 14. Crawl fwd
- _____ 15. Balance on each foot
- _____ 16. Jump off

Locomotor Skills

- _____ 17. Run fwd
- _____ 18. Run bwd
- _____ 19. Jump R,L,fwd,bwd
- _____ 20. Sit in: pike, tuck,
straddle, layout