

All American Gymnastics

Bouncing Bears

Gym Rompers

Floor

- _____ 1. Fwd roll w/ hands
- _____ 2. Fwd straddle roll
- _____ 3. Donkey kick from lung
- _____ 4. Cartwheel over beam

Bars

- _____ 5. Front support at hips
- _____ 6. Hanging pike hold 3 sec.
- _____ 7. Monkey walks
- _____ 8. Leg lift 3x
- _____ 9. Chin swing 3x
- _____ 10. Skin the cat and return

Floor Beam

- _____ 11. Walk fwd on toes
- _____ 12. Walk bwd w/ spot
- _____ 13. Ice cream scoops
- _____ 14. Knee scale
- _____ 15. Bunny hops
- _____ 16. Posse Walks
- _____ 17. Balance on each foot

Locomotor Skills

- _____ 18. Gallop fwd
- _____ 19. Gallop sideways
- _____ 20. Scale for 3 sec.
- _____ 21. Hop on 1 foot 3x
- _____ 22. Squat on mailbox
- _____ 23. Jump up stairs