

# Tumble Tots

- Demonstrate competency in listening skills
- Learn knowledge of key terminology and shapes: tuck, straddle, pike, straight, split, and table
- Develop coordination to hop on one foot, and skipping mechanics
- Gain the ability to do jumps on trampoline/ tumble trak
- Increase grip strength on bars and rings
- Perform forward and backward rolls to feet down cheese mats
- Independently walk on low beams
- Hold their own bodyweight in a lever on floor