



# Tumble Tots Progressions

## BEAM

Safe Landing Position (SLP)

Walks: F/B/S, Step Stag, Plie, Releve, Developé, Chasse and L-Kicks

Review Straight/Tuck/1/2 Turn Dismount

Lunge Pose

Birdie Perch

Knee Scale

Front Scale

Straddle Mount to Lunge Turn

Squat Mount

Front Support Mount

Squat Mount to Squat Turn

Step Together, Step Over

Jump, Skip, Hop

Jump Switch Feet

Stride Leap

Low Tuck Jump

Star Jump Facing Side

Straddle Jump Dismount

Knee Scale Dismount

Walk on High Beam



Pike Glide & Kick Foam Blocks													
Monkey Turns (Swing $\frac{1}{2}$ Turn Series)													
Underswing onto Trap Piece													
Hop Catch and Swing													
Tuck Shoot													
Inverted Hangs (Straight, Tuck, Pike, Straddle)													
Back Hip Pullover Up Incline													