

# Be Thankful With Tumblebus



## Warm Ups

Practice new skills

## Skills

### Vault

- 2's Spring, trapezoid, jump to 2<sup>nd</sup>, jump to 3<sup>rd</sup>, tuck off
- 3's Run, spring trapezoid, jump to 2<sup>nd</sup>, jump to 3<sup>rd</sup>, straddle off
- 4's Run, spring trapezoid, jump to 2<sup>nd</sup>, jump to 3<sup>rd</sup>, jump ½ turn

### Floor

- 2's Log roll
- 3's Straddle forward roll
- 4's Pike forward roll



## Circuit

- Jump on Turkey, springboard to springboard
- Ride with Pilgrims to America
- Roll with Native Americans
- V-sit on horse
- Walk through corn field

