

Chutes and Ladders on Tumblebus

Warm Up

Practice Skills

Skills

Bars

- 2's Two beams side by side – shimmy down
- 3's Two beams traveling horsey kick
- 4's Two beams crab walk

Floor

- 2's Forward with small octagon
- 3's Forward with small octagon
- 4's Forward with small octagon



Circuit

- Crawl through Chute
- Forward Roll over octagon
- Chute basket
- Climb Ladder, through pit, down
- Exercise down ladders

