

**LEVEL 1 TOTS****STRETCHES**

BUTTERFLIES(HEAD TO FEET)

STRADLE STRETCH

RIGHT, LEFT, CENTER

HALF SPLIT(ONE LEG STRAIGHT AND FORWARD, THE OTHER LEG TUCKED BEHIND)

SEAL STRETCH

BASKET(SEAL STRETCH WITH FEET TO HEAD)

TOE TOUCHES

RUNNING IN PLACE

SPRING JUMPS

ARM AND WRIST CIRCLES

**TUMBLING**

FORWARD ROLLS

RUN, JUMP FORWARD ROLLS

LOG ROLLS

BASKET(LIFTING RIGHT AND LEFT HAND)

SALUTE

**\*\*THIS LEVEL ALSO WORKS****ON FOLLOWING BASIC****INSTRUCTIONS AND CLASS****STRUCTURE., SUCH AS STANDING IN LINE, FOCUS, ETC.****PREPARATION FOR LEVEL 2****LEVEL 2 - Prek****STRETCHES**

BUTTERFLIES(HEAD TO FEET)

STRADLE STRETCH

RIGHT, LEFT, CENTER

HALF SPLIT(ONE LEG STRAIGHT AND FORWARD, THE OTHER LEG TUCKED BEHIND)

SEAL STRETCH

BASKET(SEAL STRETCH WITH FEET TO HEAD)

TOE TOUCHES

RUNNING IN PLACE

SPRING JUMPS

ARM AND WRIST CIRCLES

**TUMBLING**

FORWARD ROLLS

RUN, JUMP FORWARD ROLL

LOG ROLLS

BASKET

SEAL WALKS FORWARD

SEAL WALKS BACKWARD

STRADLE ROLLS FORWARD

STRADLE ROLLS BACKWARD

LOG ROLLS

BRIDGES

FROG STANDS(PREP FOR

HEADSTAND)

CARTWHEELS(START WITH PREP)

BACKWARD ROLLS

**LEVEL 3 - Kindergarten**  
**STRETCHES**

- BUTTERFLIES(HEAD TO FEET) \_\_\_\_\_
- STRADLE STRETCH \_\_\_\_\_
- RIGHT, LEFT, CENTER \_\_\_\_\_
- HALF SPLIT(ONE LEG STRAIGHT AND  
FORWARD, THE OTHER LEG TUCKED  
BEHIND) \_\_\_\_\_
- SEAL STRETCH \_\_\_\_\_
- BASKET(SEAL STRETCH WITH FEET TO  
HEAD) \_\_\_\_\_
- TOE TOUCHES \_\_\_\_\_
- RUNNING IN PLACE \_\_\_\_\_
- SPRING JUMPS \_\_\_\_\_
- ARM AND WRIST CIRCLES \_\_\_\_\_

**TUMBLING**

- FORWARD ROLLS \_\_\_\_\_
- RUN JUMP FORWARD ROLLS \_\_\_\_\_
- LOG ROLLS \_\_\_\_\_
- BASKET \_\_\_\_\_
- SEAL WALK FORWARD \_\_\_\_\_
- SEAL WALK BACKWARD \_\_\_\_\_
- STRADLE ROLL FORWARD \_\_\_\_\_
- STRADLE ROLL BACKWARD \_\_\_\_\_
- LOG ROLLS \_\_\_\_\_
- BRIDGES \_\_\_\_\_
- FROG STANDS \_\_\_\_\_
- CARTWHEELS \_\_\_\_\_
- BACKWARD ROLLS \_\_\_\_\_
- BACKWARD STRADLE ROLLS \_\_\_\_\_
- HANDSTANDS \_\_\_\_\_
- ROUND OFFS \_\_\_\_\_
- CHEST ROLLS \_\_\_\_\_
- HEADSTANDS \_\_\_\_\_

**DANCE & GYM 4 KIDZ**  
**BAY AREA MOBILE ARTS ACADEMY**

**GYMNASTIC & ACROBATIC SKILL LIST**

Child's name \_\_\_\_\_

Child's birthday \_\_\_\_\_