

Fronts Beam Skills

Follow the dotted line + complete the skills on a beam OR a line. Color in each heart as you complete it!

10 Standing Scales

Start + Finish in Gymnast
Hold for 5 Seconds

8 Cartwheels

Start + Finish in a Lunge
Ears Covered

8 Step Leaps to
Scale

Arms Tight
Toes Pointed

8 Toe Turns

Foot to Knee
Arms Tight

8 Stretch Jump,
Tuck Jumps

Start + Finish in a
Gymnast
Point Toes