

Jumpers Beam Skills

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

8 Standing Scales

Start + Finish in Gymnast
Hold for 3 seconds

4 Lines of Tip
Toe Walks

Hands on Hips

8 Pivot Turns

Start + Finish in a
Champion
Arms Tight

12 High Kicks

Arms Tight to the Side
Pointed Toes

8 Stretch Jumps

Start + Finish in Gymnast
Point Toes