

Super 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

8 Cartwheels

Start + Finish in a Lunge
Ears Covered

8 Pivot Turns

Start + Finish in a
Champion
Arms Tight

8 Toe Prep,
Stretch, + Finish

Foot to Knee
Arms Tight

8 Stretch Jump,
Fake Jumps

Start + Finish in a
Gymnast
Point Toes