

Parent Tot Skill List

Ages: 18 months – 3

Here are just a few skills they will be learning. We focus on fitness; strength, endurance, and flexibility. They also learn social interaction skills, listening and learning to follow multiple instruction.

Locomotor

Running-hopping- skipping- jumping-leaping- side shuffle

Tumbling

Log Rolls
Forward Roll
Backward Roll
Donkey Kicks
Levers
Handstands
Cartwheels

Bars

Opossum hang
Re-Grasp
Long Hang Hold
Front Support
Mermaid Casting
Space Walks
Shimmy
Bent arm hang (5 seconds)

Beam

Walks- forward, back, sideways, releve
Bear crawls
L-Kicks
V-Sits
Front Scale
Chasse side
Tuck & Straddle Mounts
Knee Scale
Releve Turn
Straight, tuck, straddle dismounts

Vault

Run
Hurdle
Mount to knees
Mount to tuck
Mount to straddle
Straight jump
Dismounts; tuck, straddle, pike

