

Skill Chart Preschool

Class Day & Time:							
Student Names:							
Social Skills							
Listening							
Personal Space							
Follow In Line							
Floor							
Forward Roll Down Cheese Mat (No Head Touching)							
Shapes: Tuck/Pike/Straddle Hollow & Arch							
Cartwheel Over Cartwheel Block (One Foot At A Time)							
Lever w/Pop							
Table Top							
Tumble Track							
Straight/Tuck/Star Jump							
Jump & Freeze							
Twist Jump							
Bum Burner							
Vault							
Bounce on Spring Board							
Squat-On Toes On Top							
Stretch/Tuck/Straddle Dismount Off Block w/Salute							
Bars							
Touch Toes To Bar							
Front Support							
Straddle/Tuck/Pike Hang							
Cast Motion (Legs Together Hips On Bar)							
Fwd Roll Dismount w/Spot							
Under Bar Shuffle							
Skinny Cat w/Spot							
Low + Medium Beam							
Forward Walk							
Crayon Beam: Releve, Kicks, Hop Walks							

Gross Motor Skills							
Balance On 1 Foot							
Gallop, Skip							
Bear Crawl							
Hop Scotch							
Catch & Throw Foam Block							