

# Maryland State Gym

## Preschool Skill Card

**Name:**

<b>Coordination</b>	<b>Listening Skills Social Skills</b>	<b>Gymnastics Skills</b>	<b>Fine Motor Skills</b>
Hopping	Waiting Turns	Front Roll	Pointing Toes
Skipping	Sitting Quietly	Back Roll off mat	Flexing Toes
Galloping	Raising Hand	Cartwheel over mat	Straightening Legs
Climbing	Asking Questions	Walking on beam	Bending Legs
Jumping	Making Friends	Front Support (Bars)	Showing Finish
Hopping on one foot	Following Rules	Front Roll (Bars)	Pike Position
Catching	Say Please/Thank you	Pull Over Spot (Bars)	Straddle Position
Throwing		Squat on/Jump off	Tuck Position