



Tumbling Class Structure

Class Format

- ★ Stretch and Warmup approximately 15minutes
 - ★ Rotation 1 approximately 15minutes
 - ★ Rotation 2 approximately 15minutes
 - ★ Rotation 3 approximately 15minutes
- The 3 rotations will consist of –
Standing Tumbling – Running Tumbling – Tumble Track or Trampoline
 - Water breaks will be given after Rotation 1 & 2. Students must remain in the gym area during water breaks. Cubbies are provided for all students to keep their belongings.

Tumbling Skill Progressions

- ★ All Skills listed below must be performed without a spot before progressing to the next skill

| Standing Skills | Running Skills |
|----------------------------------|---------------------------------------|
| Back Handspring on Cheese Mat | Round-off |
| Back Handspring on Floor | Round-off Back Handspring |
| Back Handspring Series | Round-off Back Handspring Series |
| Back Handspring Back Tuck | Round-off Back Handspring Back Tuck |
| Standing Tuck | Round-off Back Handspring Layout |
| Back Handspring Series to Layout | Round-off Back Handspring Full |
| Back Handspring Series to Full | Round-off Back Handspring Double Full |
| Standing Full | |