

Beginning Tumbling Curriculum And Skill Sheet

To be used as a list of skills that ALL tumbling students should be proficient at, or skills that should be included in beginning tumbling classes.

When students show competence in most of, or all of skills on this list, as well as showing a desire to grow their skills and continue learning, they may be considered, by their instructor, for advancement to the next level. (Evaluations will be done regularly in classes, but you can also schedule a private evaluation at the front desk).

If you have any questions regarding any of the skills in any of the sections listed below, please talk to your instructor, and they can help you out. (The knowledge section in particular will require help from an instructor.)

Skills	Flexibility	Strength	Knowledge
- Forward Roll - Backward Roll - Lunge - Handstand - Front To Side Cartwheel - Front To Back Cartwheel - Cartwheel Step Together - Hurdle Into A Cartwheel - Run/Hurdle Into Front Flip Set - Dive Roll For Height Onto Mat - Front Flip To Bottom Onto Mat - Back Flip Set - Backward Rolls Off Of Obstacle (Back Flip Drill) - Back Handspring Over Octagon - Front Handspring Over Octagon	- Can Touch Toes Standing Up With Straight Legs, And Sitting With Straight Legs - Can Do A Good Bridge - Can Hold A Full Squat With Heels On The Ground	- Can Hold A Straight Body In A Handstand - Can Do A Hip Height Box Jump - Can Do A Hollow Body Hold For 30 Seconds - Can Do An Arch Hold (Superman) For 30 Seconds - Can Hold A Wall Sit For 45 Seconds	- Knows The Basic Body Positions (Hollow, Arch, etc.) - Understands The Importance Of Solid Basics Before Moving On To Bigger Skills - Understands The Importance Of Warming Up And Cooling Down

Tumbling Skill Sheets

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A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author names.

Tumbling Skill Sheets:

The Ultimate Guide to Cheerleading Leslie M. Wilson, 2003 Perfect for both coaches and squad members from junior high to college level this is a comprehensive development guide for skill appropriate and safe instruction on all aspects of cheerleading Photos *Complete Cheerleading* Justin Carrier, Donna McKay, 2005-10-31 In the past decade cheerleading has lit up the sidelines and become an activity all its own Attendance at summer camps has grown to more than 500 000 participants annually and tens of thousands train for regional and national competitions each year with championships and even college scholarships on the line As cheerleading continues to grow so too does the need for a source of information that covers the range of skills stunts and moves *Complete Cheerleading* provides all the information participants need in order to excel in this highly athletic and increasingly competitive activity Top cheerleading coaches and judges lend their expert instruction on such crucial topics as body position and movement voice control jumps and tumbling stunt technique and choreography There are chapters dedicated solely to games and pep rallies camps and competition and practices and conditioning in addition to XX stunts for all levels of cheer squads Teaming Justin Carrier National Cheerleading Association NCA director of curriculum and Donna McKay cheer coach in Iowa and national judge this book combines success at the national level long term coaching expertise at the high school level and judging experience at every level *Complete Cheerleading* is the all in one authoritative source that cheerleaders coaches and advisors will turn to from one spirited season to the next **Performance-Based Assessment for Middle and High School Physical Education** Jacalyn Lea Lund, Mary Fortman Kirk, 2019-03-25 The third edition of this popular and authoritative text includes three new chapters and numerous revisions and updates all designed to help you effectively develop and use performance based assessments Comes with a web resource **Universal Decay: Dead Stars Rule Book, Revised, 2nd Edition** Jay Barrell, 2013-11-18 *Dead Stars* is a science fiction horror role playing game powered by the alternate d20 *Universal Decay* rules system Pick a race from the ever familiar humans to the amorphous gorbrasch or sleazy helizara strap on some personal armor and pick up a sliver rifle or get a cerebral computer implant and grab your toolkit Or both Then get together with your friends to face a universe of dangers wonders opportunities and quite possibly a messy death This book contains everything you will need to play or run a game in *Dead Stars* as well as rules for using the *Universal Decay* system in alternate genres incorporating everything from swords and sorcery to vehicle energy weapons personal armor nanotechnology and starships **Coaching Youth Cheerleading** American Sport Education Program, 2009 A comprehensive guide to coaching youth cheerleading that covers communication rules equipment safety teaching and shaping skills cheers sidelines dances partner stunts pyramids jumps tumbling preparing for the season and game day **Cheer!** Kate Torgovnick, 2009-03-10 Bring It On meets Pledged in this fascinating odyssey through the world of competitive college cheerleading color photograph insert Sports Activities for Men Donald Rex Casady, 1974 Broad panorama of the living heritage in history art science philosophy and literature that

developed during fifteen centuries of Greek culture Library of Congress Catalog: Motion Pictures and Filmstrips Library of Congress,1968 **The Sports Rules Book** Human Kinetics,Myles Schrag,2019 The purpose of this book is to provide a comprehensive overview of popular sports to sport enthusiasts and those interested in getting involved in programming multisport opportunities A Guide for Teaching Health, Physical Education, Recreation, Kgn.-grade 6 Minneapolis Public Schools,1958 **Teaching Children Basic Skills** Thomas M. Stephens,A. Carol Hartman,Virginia H. Lucas,1982

Teaching Lifetime Sports Skills President's Council on Physical Fitness (U.S.),1966 Teaching Physical Education in Secondary Schools Maryhelen Vannier,Hollis F. Fait,1975 **The Daily Cookie** Anna Ginsberg,2012-11-06 Collects a year s worth of cookie recipes with a range of chewy crispy brownie style no bake vegan and gluten free options and shares culinary anecdotes baking trivia and tribute options for historical and pop culture anniversaries Introduction to Physical Education Ray Oscar Duncan,Helen Belle Watson,1960 Developmental Play Equipment for Home and School David L. Gallahue,1975 **Library of Congress Catalog** Library of Congress,1971 **Complete Guide to Cheerleading (Paperback + DVD)** Christine Farina,Courtney Clark,2011-07-15 Modern cheerleading is a dynamic activity that requires intense dedication to put forth your best in body mind and spirit Complete Guide to Cheerleading provides all the information tips and instruction required to become a winning cheerleader It guides aspiring and experienced cheerleaders alike through the rigors of training and competition while they juggle academic and other extracurricular activities The book presents the history of cheerleading explores the cheerleading lifestyle and provides technical instruction on training for and executing the essential routines and moves **Preschool Theme Boxes, Grades Preschool - PK** Kelly Gunzenhauser,Melissa Fisch,2012-01-03 Includes tips and materials lists for building theme boxes set up ideas for transforming the classroom suggested picture books literacy activities and reproducible picture sets of scenes to sequence and discuss Includes themes such as art gallery bakery circus fire station princess castle and spaceship Makes it easy to engage young learners and expand their vocabularies while guiding them in problem solving reading and writing skills *Competitive Cheerleading* Carla Mooney,2024-07-30 All Star cheerleaders spend hours every week training to perform for a few short minutes Their routines are carefully choreographed to earn a team as many points as possible This title introduces readers to the exciting world of cheer competitions It explores the history of competitive cheer the process of preparing to compete and what to expect on competition day The title features informative sidebars exciting photos a glossary and an index Aligned to Common Core Standards and correlated to state standards SportsZone is an imprint of Abdo Publishing a division of ABDO

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