

Intro to Tumbling **Week 7**

GOALS:

1. Cartwheel
2. Back roll
3. Back handsprings
4. Front rolls
5. Handstand flat back
6. Flips into pit

Station	Drill/Skill
WARM UP	<ol style="list-style-type: none"> 1. cartwheel station (round off, red block) 2. backroll station (cheese & orange block & floor) 3. back handspring station (roller & red blocks) 4. handstand station (kick to hold on wall) 5. headstand station (red block) 6. walking handstand station 7. bridge kick-overs w box/rainbows 8. handstand flatback 9. timber station
FLOOR	<ol style="list-style-type: none"> 1. front rolls (up no hands) 2. x10 candle to stand without using hands 3. x25 crunches 4. x25 leg lifts 5. 30s superman hold 6. 30s handstand hold
TUMBL TRACK	<ol style="list-style-type: none"> 1. donkey kicks 2. plank pulses using wrists and feet 3. egg rolls 4. cartwheels 5. handstand fallback into pit
TRAMPOLINE	<ol style="list-style-type: none"> 1. land on back (tramp) 2. land on stomach (tramp) 3. flips into pit or handstand fallback into pit 4. skin the cat on pit bar