

## Intro to Tumbling **Week 3**

Station	Drill/Skill
<b>WARM UP</b>	<p>Running/Walking Variations:</p> <ol style="list-style-type: none"> <li>1. Fast like a cheetah</li> <li>2. Tall on tippy toes like a giraffe</li> <li>3. Down like a bear</li> <li>4. Slither like a snake</li> <li>5. Hopping like a bunny</li> </ol> <p>General Stretches:</p> <ol style="list-style-type: none"> <li>1. Make a star position with body, tip to one side, then tip to the other then fold in half</li> <li>2. Sit on bum in butterfly position, flap wings</li> <li>3. Straddle sit, reach and tickle one foot then the other</li> <li>4. Pike sit</li> <li>5. Circles with ankles to stretch ankles</li> <li>6. Wave hi and bye with wrist to stretch wrists</li> </ol> <p>General Positions:</p> <ol style="list-style-type: none"> <li>1. Make a table: hand and feet on ground, lift belly up to ceiling</li> <li>2. Make a slide: same as table with straight legs and lift belly to ceiling</li> <li>3. Tunnel: hands and feet on group, bum up in the air (Downward dog)               <ul style="list-style-type: none"> <li>o Try to lift one foot up then the other</li> </ul> </li> </ol>
<b>TRAMPOLINE / TUMBLE TRACK</b>	<ol style="list-style-type: none"> <li>1. Pencil jump</li> <li>2. Star jump</li> <li>3. Tuck jump</li> <li>4. Spinning</li> <li>5. Bum drop</li> <li>6. Play Game, Popcorn</li> </ol>
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Swing and kick over cube</li> <li>2. Lifting toes to bar, in pike (feet together) and straddle (feet apart on bar)</li> <li>3. Holding front support</li> <li>4. Swinging on the rings</li> <li>5. Monkey walking with hands from one side of bar while hanging to the other side</li> </ol>
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. General Positions: table, slide, tunnels</li> <li>2. Donkey kicks with hands up on blocks</li> <li>3. Jumping on beat board up to box, feet together</li> <li>4. Rolls: forwards and sideways (log roll)</li> <li>5. Balancing along a floor beam: walking forwards, sideways, backwards</li> <li>6. Stuck landings; landing in motorcycle</li> </ol>



Station	Drill/Skill
<b>BEAM</b>	<ol style="list-style-type: none"><li>1. Walking holding hoop over head.</li><li>2. Kicks, bunny hops, tippy toe walking</li><li>3. Stick landings off beam</li><li>4. Crawl under rainbow on beam.</li></ol>