

Intro to Tumbling **Week 6**

GOALS:

1. Backward roll
2. Handstand fall back
3. Headstand
4. Skin the cat
5. 10 leg lifts
6. Jumps over cones on beam

Station	Drill/Skill
FLOOR	<ol style="list-style-type: none"> 1. backward roll down cheese 2. cartwheel over red booster block (CA catch in the middle) 3. forward roll (stand up without using hands) 4. superman roll to the end on the strip 5. handstand fall backward into pit 6. x3 kick to handstand 7. x3 cartwheels 8. headstand on red booster block
BEAM	<ol style="list-style-type: none"> 1. Backward walks (add in kick) arms up 2. 5 relevé steps between cones & hold stork 3. Jumps over cones (add in arms) (add double cones if too easy) 4. Motorcycle half-turn off the beams
TRAMPOLINE	<ol style="list-style-type: none"> 1. x5 pike x5 straddle x5 seat drops 2. skin the cat on pit bar 3. swing on rope w feet on knot (try to lift feet off knot if able) 4. handstand on wall w shoulder-elbow-band tapping (forward roll out) OR kick to handstand (if able) 5. hold pike then star jump land motorcycle off pommel 6. 10 leg lifts on ladders