

BEGINNER TUMBLING APPARATUS



TUMBLE FLOOR



- Gymnastics Static Postures & Positions
- Forward roll Development
- Dive Roll Development
- Backward roll Development
- Handstand Development
- Cartwheel Development
- Assorted Jumps and landings
- Assorted Locomotive Movements
- Additional Development
 - Foam Pit
 - Mummy Drops, Peanut Rolls
 - Assorted Jumps from a box and mini trampoline,
 - Assorted Height Jumps and Landings
 - Safety Falls

TRAMPOLINES



- Static Postures & Positions
 - Straight Jump, Tuck Jump, Star Jump, Straddle, Pike
- Landings
 - Seated Drop, Hands and Knees Drop, Front and Back Drops
- Twisting
 - Half Turn and Full Turn
 - Hands and Knees Half Turn, Seated Drop to half turn, Half Twist to Seated Drop, Seat Drop Swivel Hips (half turn)
- Combinations of Static Positions, Landings and Twisting
- Rotational Skills
 - Forward rotation - seat drop, to front drop, to feet
 - Backward rotation - front drop, to seat drop, to feet

BEGINNER TUMBLING PREPARATION



BODY PREPARATION



- Chin Up Holds
- Tuck hang and tuck ups
- L hang
- Support holds
- Tuck sit, rock n roll, rock n roll to stand up
- Angry Cat/Happy Cat

- Front support/back support
- Dish/Arch Hold
- Straight shape
- Tuck, pike and wall handstand
- Correct take-off and landing technique
- Falls training

STRENGTHENING



- Assisted chin ups
- Tuck hang and tuck ups
- L hang and half leg lifts
- Push ups
- Support holds
- Sit ups and tuck snaps
- Rope climb with feet
- 30-40cm Box jumps
- Double leg squats

FLEXIBILITY



- Pike
- Straddle Pancake
- Right Lunge
- Left Lunge
- Standing Straddle
- Star Jump
- Lazy Lizard (Stomach & Back)
- Lazy Cat (Shoulders)