



## Tumbling 3 Class Curriculum

**Course Objectives:** The athlete will successfully master the round off back handspring back tuck, a series of standing back handsprings, a round off tuck, and a front handspring. The athlete will begin an introduction to the free tuck and the standing back handspring tuck. The athlete will begin skills that will help their bodies develop to be a strong tumbler and cheerleader. The athlete will be able to perform all skills in synchronization to counts.

### Course Requirements: (Necessary Skills to Advance)

Skill	Mastered Successfully	Date
1) Round off back handspring tuck (from the knee assisted, power hurdle, and step step)		
2) Standing back handspring tuck on two pieces of equipment		
3) A series of standing back handsprings		
4) A round off back tuck into a back handspring		
5) A back extension roll with straight arms into a Back Handspring		
7) A handstand forward roll with straight arms		
8) Punch front into the pit		
9) Assisted Ariel Cartwheel		

**At Home:** In order to successfully master the skills required there are some fundamental body positions and exercises that each athlete will need to practice.

- Tuck ups
- V ups
- Handstand push ups
- Regular push ups
- Hollow hold
- Superman
- Squat Jumps
- Lunges

**Additional exercises are available at your request!**

**Next Level: Advanced Cheer Tumbling**