

CLASS TIME: 55 MIN

Name: _____

Course Objectives:

The athlete will successfully master the round-off back handspring back tuck, a round-off tuck and a front tuck. The athlete will begin an introduction to the standing back handspring tuck and standing back tuck. The athlete will begin skills that will help the body 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*

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|---|--------------------------|
| 1. Complete understanding of back tuck before connection with other skills * | Skill Mastered On: _____ |
| 2. A back extension roll into a handstand * | Skill Mastered On: _____ |
| 3. Round-off back handspring tuck (from a 2 step and power hurdle approach) * | Skill Mastered On: _____ |
| 4. Standing back handspring tuck * | Skill Mastered On: _____ |
| 5. Standing back tuck off elevated surface * | Skill Mastered On: _____ |
| 6. Punch front * | Skill Mastered On: _____ |
| 7. A jump to series of standing back handsprings | Skill Mastered On: _____ |
| 8. A round-off back tuck | Skill Mastered On: _____ |

At Home:

To help maximize the class experience it is helpful to practice some skills at home:

FITNESS & STRENGTH

- Prone Holds, 60s
- Stand On One Leg, Eyes Closed, 30s
- Squats, 30
- Jump Rope
- Running
- Zig Zag Punches
- Squat To Toes
- Pushups
- Calf Raises, 30

POSITIONING & FLEXIBILITY

- Superman
- Hollow Hold
- Right, Left, Center Split

Next Level: Tumble 400

