

Course Objectives:

The athlete will successfully master the round-off back handspring and the standing back handspring. The athlete will begin an introduction to the 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*

- | | |
|--|--------------------------|
| 1. A back extension roll to a push up * | Skill Mastered On: _____ |
| 2. A round-off, three back handsprings rebound * | Skill Mastered On: _____ |
| 3. A standing two back handsprings rebound * | Skill Mastered On: _____ |
| 4. A power hurdle round-off back handspring rebound * | Skill Mastered On: _____ |
| 5. A round-off back handspring rebound onto elevated surface * | Skill Mastered On: _____ |
| 6. Proper steps for a front/back tuck * | Skill Mastered On: _____ |
| 7. A front handspring step out to round-off back handspring | Skill Mastered On: _____ |
| 8. Jumps to back handspring | Skill Mastered On: _____ |

At Home:

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

FITNESS & STRENGTH

- Prone Holds • Side Convulsions • Jump Rope • Squats
- Running • Zig Zag Punches • Squat To Toes • Pushups • Calf Raises

POSITIONING & FLEXIBILITY

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

Next Level: Tumbling 300

