1. Students will use skills and combination of skills in performance situations.
2. Students will utilize time effectively to complete assigned tasks.
3. Students will work cooperatively and productively in a group to accomplish a set goal.

Tumbling

Name ______________________________
Date ________________________
Period __________

1. Write 3 tumbling combinations (of skills) used in your performance that you either choreographed or was a highlight in your performance.

   •

   •

   •

2. Cite 2 specific examples of using your allotted time to complete tasks and/or combinations.

   •

   •

3. Cite 2 specific examples of working cooperatively and productively to accomplish your routine.

   •

   •
Stunts In My Routine

ROUNDOFF
SEAL WALK ARABESQUE
BACKWARD ROLL
CARTWHEEL
EGG ROLL
WRING THE DISH RAG
ESKIMO ROLL
FORWARD ROLL
HANDSTAND
HEADSTAND
KNEE WALK
LOG ROLL
PARTNER GET UP
PYRAMID
SHOULDER REST
TIPUP
TRIPOD
TUCKJUM
Name _________________________  Team Members:
Date __________________________  Period ______________________

Tumbling Grade Sheet

**Tumbling Worksheet** (25 pts Academic)

- Worksheet should be written neatly and completely with all combinations in order.
- Pyramids must be drawn accurately.

**Academic Grade** ________________

**Skill Test** (25 pts Skill)
You choose the combination that is closest to your skill level. All parts of the combinations must be performed without error or you will not pass the test.

**“A” Advanced Combination**
*Cartwheel-Arabesque-Stretch Jump-Backward Straddle Roll-Stretch-Round Off*

**“B” Intermediate Combination**
*Stretch-Tuck-Forward Roll-Tuck Jump-Arabesque-Stretch-Tuck-Backward Roll-Straddle Jump*

**“C” Beginner Combination**
*Stretch-Tuck-Roll Back-Extend-Log Roll-Reverse-Shoulder Rest-Roll to Tuck-Tuck Jump*

**Skill Grade** ________________

**Routine** (50 pts Social Responsibility))

Synchronized- Every member in the group stays together. (20 pts) __________

Memorized (20 pts) Every member of the group has the routine memorized __________

Fluidity (5pts) The routine flows from one combination to the next. __________

Creativity (5 pts) The routine uses stunts in original combinations. __________

**Social Responsibility Grade** ________________
How Do I Make A Tumbling Combination?

Combining stunts to create a routine creates a “combination”. Each combination should have between 4 to 6 stunts and flow from one stunt to another. Examples of combinations are the following:

A• Cartwheel-Arabesque-Stretch Jump-Backward Straddle Roll-Stretch- Round Off
B• Stretch-Tuck-Forward Roll-Tuck Jump-Arabesque-Stretch-Tuck-Backward Roll-Straddle Jump
C• Stretch-Tuck-Roll Back-Extend-Log Roll-Reverse-Shoulder-Rest-Roll to Tuck-Tuck Jump

Choose stunts from the following categories. Refer to the card for details.

<table>
<thead>
<tr>
<th>Stunts</th>
<th>Partner/Group Stunts</th>
<th>Balance Stunts</th>
<th>Rolls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crab Walk</td>
<td>Wring the dish rag</td>
<td>Arabesque</td>
<td>Log roll</td>
</tr>
<tr>
<td>Seal Walk</td>
<td>Partner pull-up</td>
<td>Shoulder rest</td>
<td>Forward roll</td>
</tr>
<tr>
<td>Push Up</td>
<td>Chinese get-up</td>
<td>Tip up</td>
<td>Cont. forward roll</td>
</tr>
<tr>
<td>Heel Clicks</td>
<td>Rolly Polly</td>
<td>Tri pod</td>
<td>Dive forward roll</td>
</tr>
<tr>
<td>Upswing</td>
<td>Circle high jump</td>
<td>Headstand</td>
<td>Straddle forward roll</td>
</tr>
<tr>
<td>Rocking horse</td>
<td>Eskimo roll</td>
<td>Turkstand</td>
<td>Backward roll</td>
</tr>
<tr>
<td>Single leg circle</td>
<td>Toe Toucher</td>
<td>One leg balance reverse</td>
<td>Backward straddle</td>
</tr>
<tr>
<td>Toe jump</td>
<td></td>
<td>Handstand</td>
<td>Backward prone</td>
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<tr>
<td>V-up</td>
<td></td>
<td></td>
<td>Side roll</td>
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<tr>
<td>Mule kick</td>
<td></td>
<td></td>
<td>Egg roll</td>
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<tr>
<td>Knee dip</td>
<td></td>
<td></td>
<td>Cartwheel</td>
</tr>
<tr>
<td>Scooter</td>
<td></td>
<td></td>
<td>Round Off</td>
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<tr>
<td>Thread the needle</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Heel Slap</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Seat Circle</td>
<td></td>
<td></td>
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<tr>
<td>Frog dance</td>
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<td></td>
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<tr>
<td>Bear dance</td>
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<tr>
<td>Bouncer</td>
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<td></td>
<td></td>
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<tr>
<td>Turn over &amp; flip flop</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Knee bend</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Your choice w/ teacher approval</td>
<td>Your choice w/ teacher approval</td>
<td>Your choice w/ teacher approval</td>
<td>Your choice w/ teacher approval</td>
</tr>
</tbody>
</table>

62
Write out your combinations in order. Refer to page #62 for directions on choreographing a combination.

1. Opening Pyramid (draw)

2.

3.

4.

5.

6.

7.

8. Closing Pyramid (draw)