

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.

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

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

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Stunts In My Routine

O A U K V P P V H S L C W L X
T A R I L Y U A B L B P R L M
H S J A R A N P O S M G I O J
E M E A B D W R I U O P N R A
E G M R S E O L J T A K G D A
H I G T R M S K A R Z L T R W
D B A R I E C Q T E Z A H A H
A N V K O U D N U B S W E W E
D T S A T L E L V E M E D R A
K E K W D R L M U J J E I O D
W B L O G R O L L O D N S F S
B F M E D O P I R T H K H E T
N J T F F O D N U O R S R Q A
A U L L O R D R A W K C A B N
P C A R T W H E E L D J G H D

ROUND OFF
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
TIP UP
TRIPOD
TUCK JUMP

Name _____
Date _____
Period _____

Team Members:

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.

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



Name _____

Date _____

Period _____

Tumbling Routine

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)