

NAME _____ DATE _____ PERIOD _____

Tumbling

Spotting is physical assistance during a gymnastics skill. It should be a form of assistance, not something you rely on totally to guarantee safety. Do not attempt a skill with a student spotter unless you both have permission from your teacher to do so.

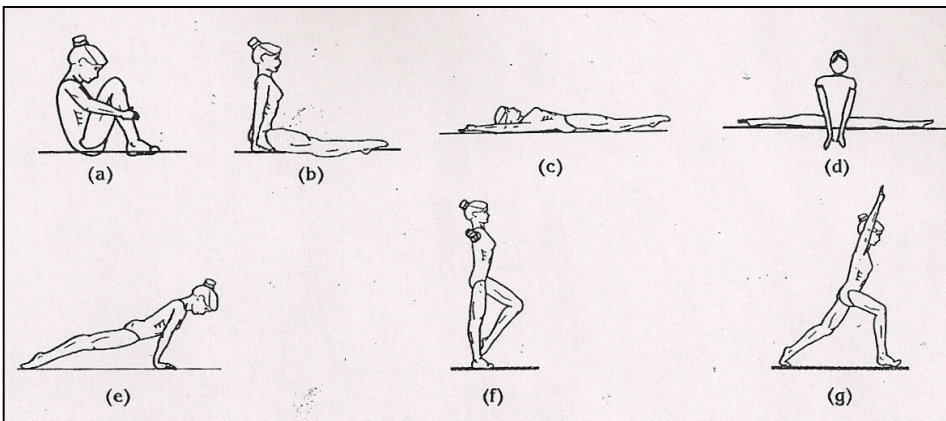
- Always communicate with your spotter so that you are both certain of what skill you are going to perform and what direction you will be moving.
- Be certain your spotter knows exactly when you are ready to begin.
- Be certain that your spotter is strong enough to spot a person of your size.

Personal Safety Check

- Be certain you have thorough understanding of how to perform the skill before doing it.
- Determine if you are in the proper physical condition to safely execute the skill. Do not attempt a skill beyond your physical ability.
- Be certain you understand the proper progressions.
- Warm up sufficiently.
- Follow the progressions outlined by your teacher and only after instruction has been given and understood.

Basic Body Positions Used in Gymnastics

L1

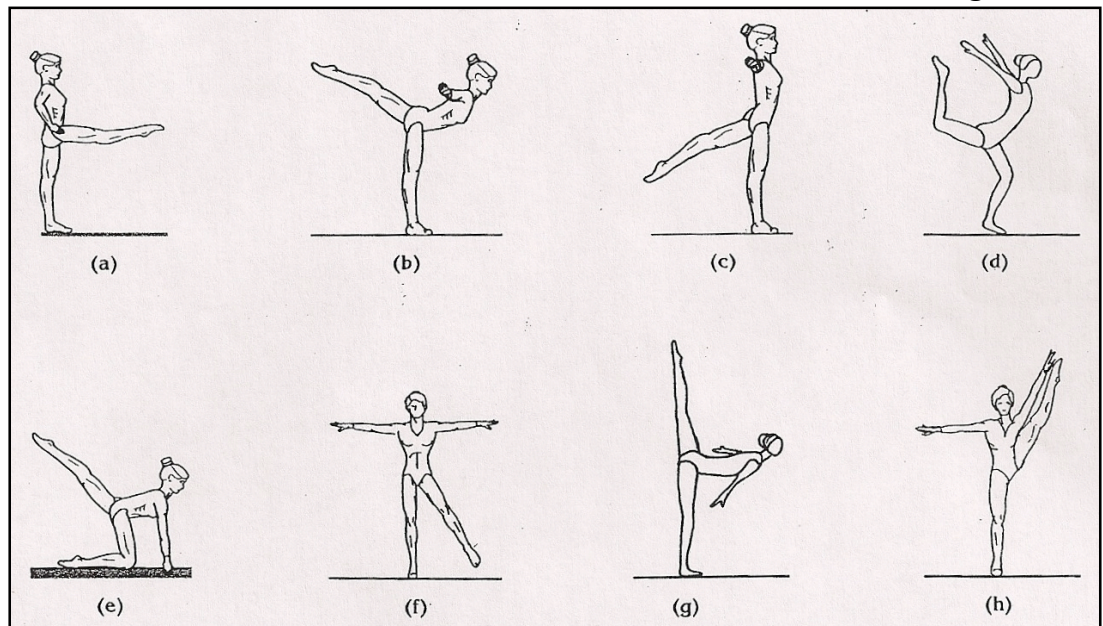


- a. Tuck
- b. Pike
- c. Lay-out
- d. Straddle
- e. Plank
- f. Stag
- g. Lunge

L1

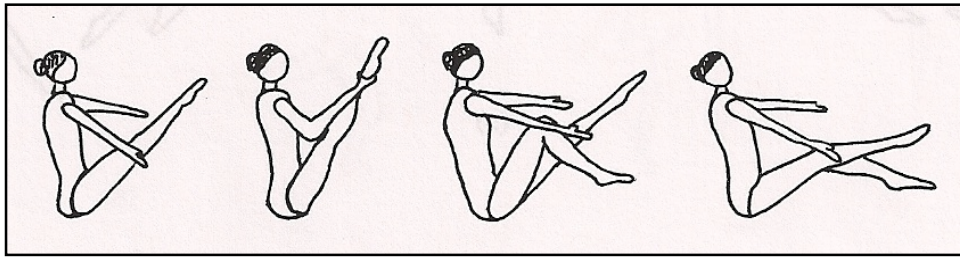
Vertical Balancing Skills

- a. Front Scale
- b. Back Scale
- c. Arabesque
- d. Attitude Scale
- e. Knee Scale
- f. Side Scale
- g. Needle Scale
- h. Y Scale



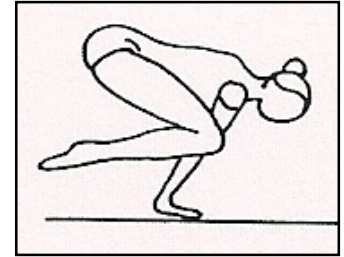
V-Sit Variations (Open, Closed, Stag, & Abstract)

L2



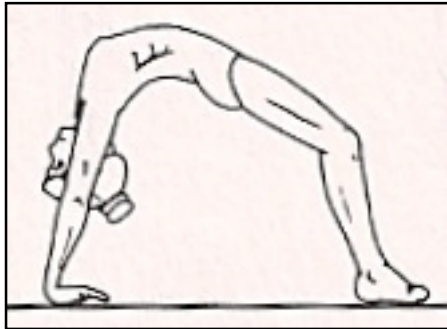
Tip-Up

L2



Bridge

L2



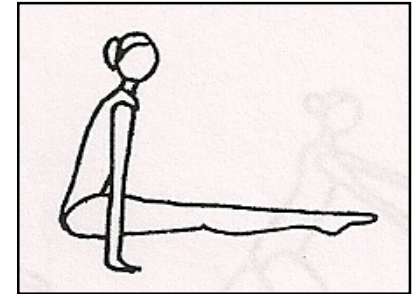
L-Hold Straddle

L3



L-Hold Pike

L3



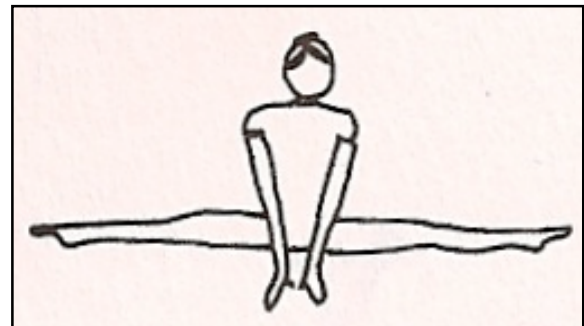
Straddle Compression

L1



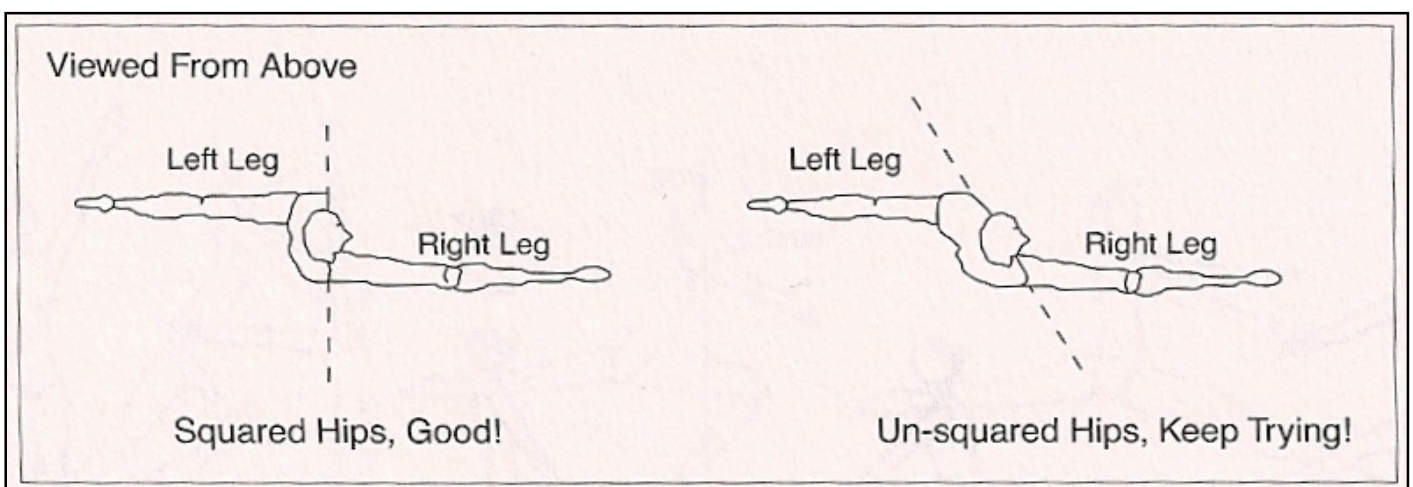
Straddle Split

L2

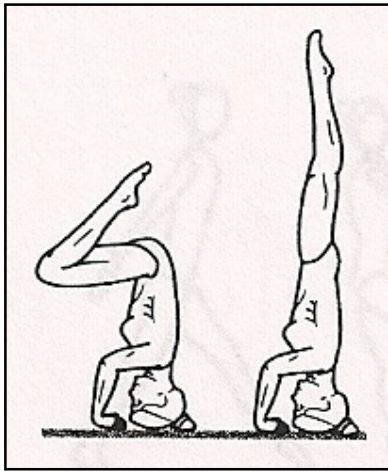


Correct vs. Incorrect Split Position

L2

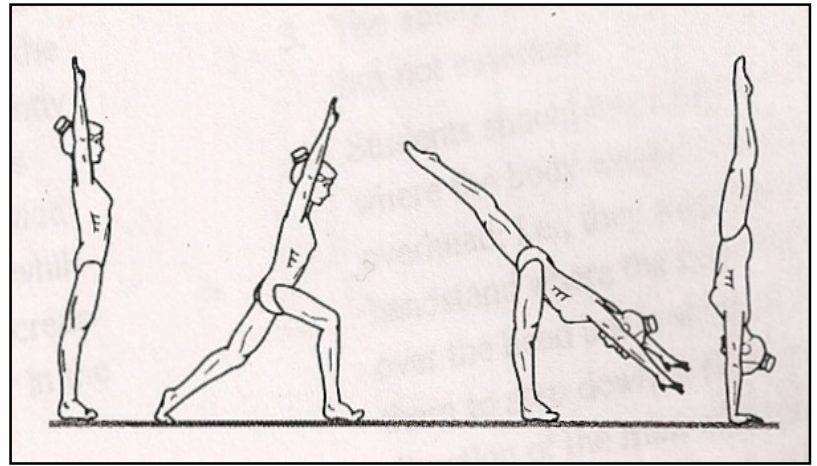


Tripod - Headstand L2/3



Handstand

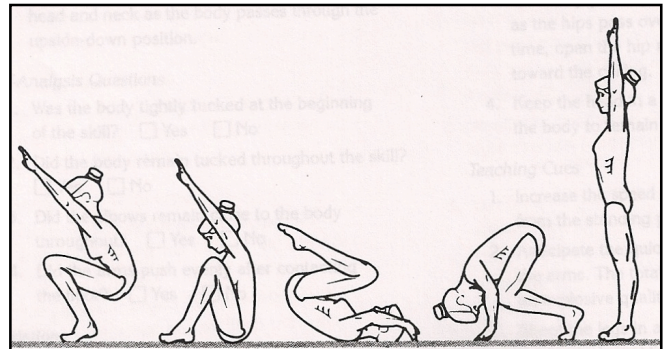
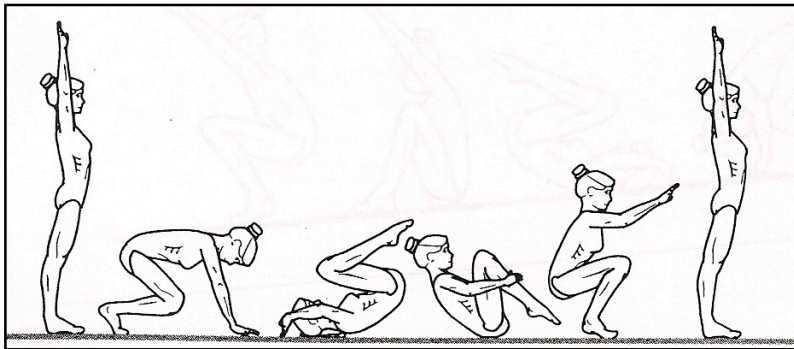
L3



Forward Roll

L2 Backward Roll

L3

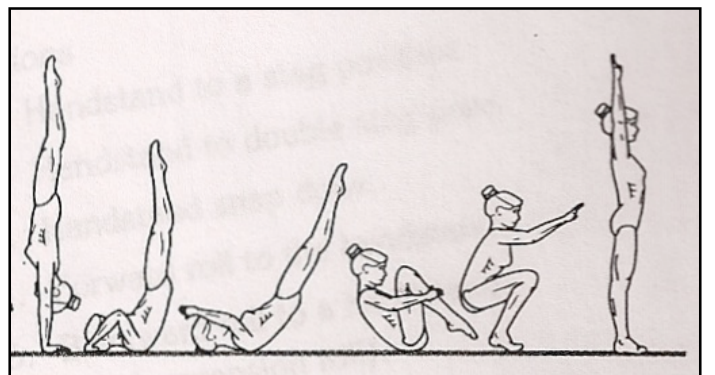
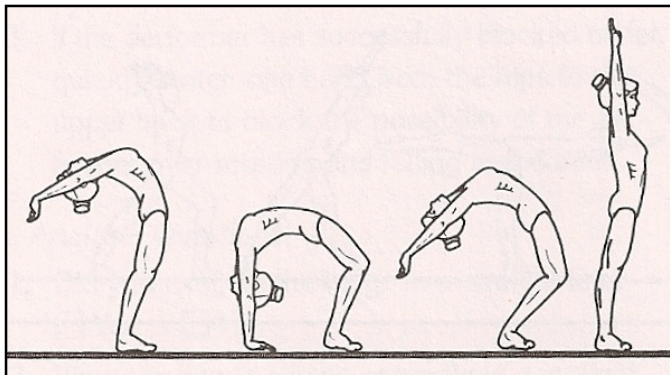


Back Bend

L3

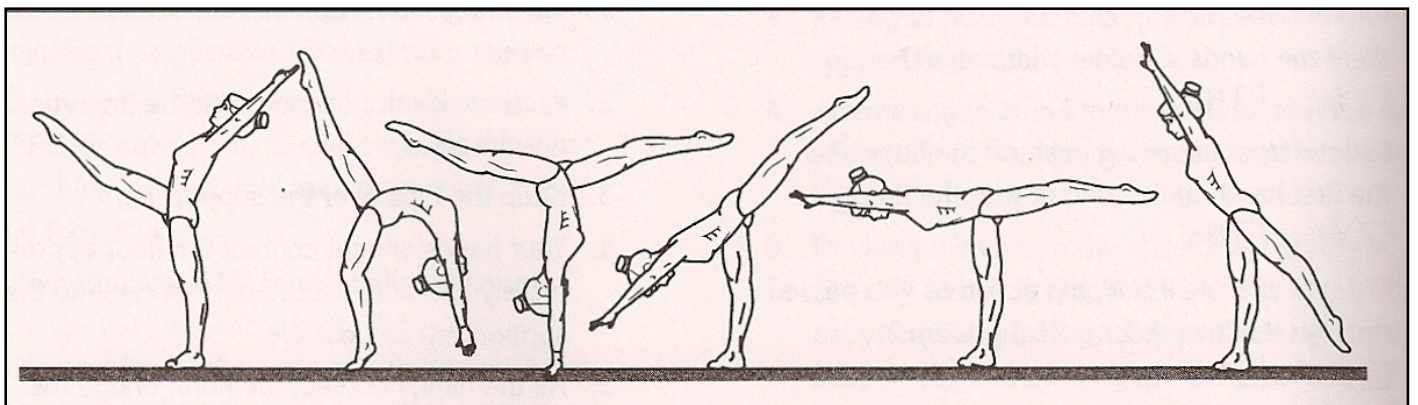
Handstand to a Forward Roll

L4



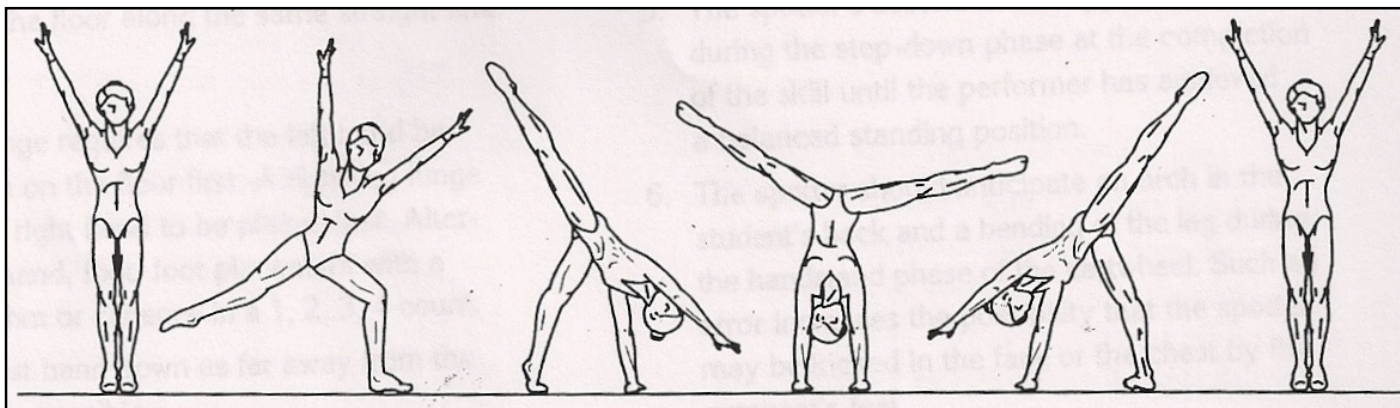
Back Walkover

L4



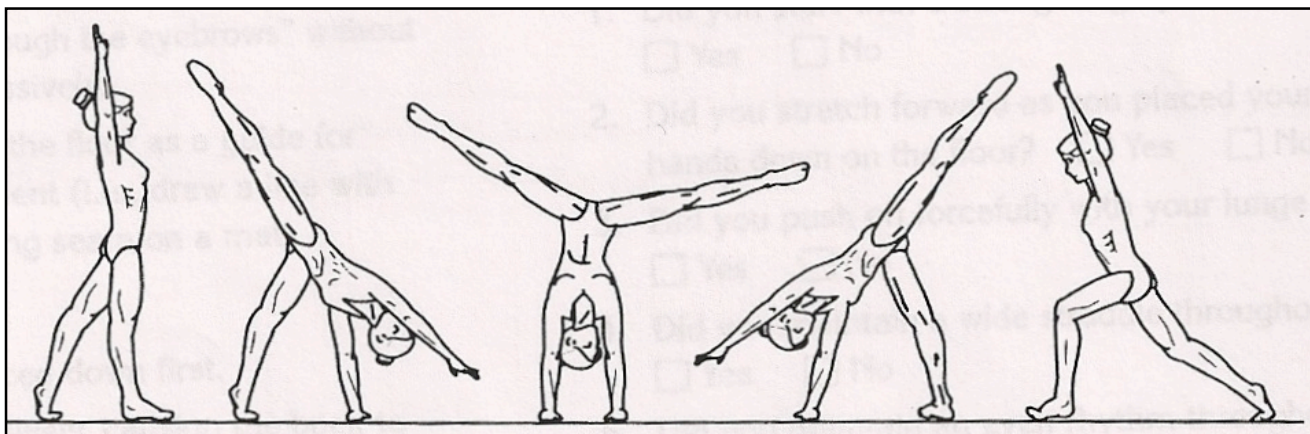
Side Cartwheel

L3



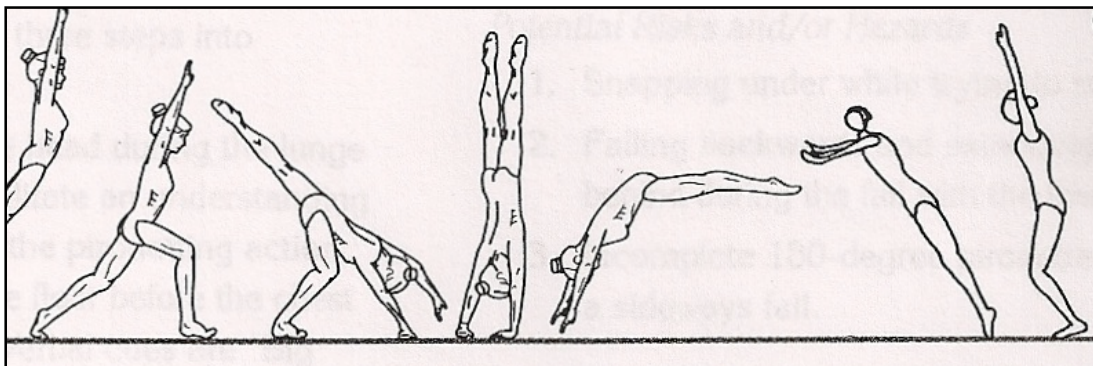
Cartwheel

L3



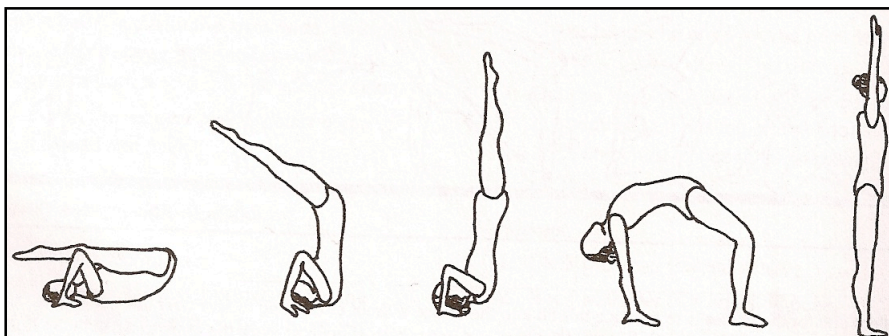
Round-Off

L3



Kip-Up

L3



Skill Test Requirements

- 5pts – 4 level 2/3 skills
1 level 1 skill
- 4pts – 3 level 2/3 skills
2 level 1 skills
- 3pts – 2 level 2/3 skills
3 level 1 skills
- 2pts – 1 level 2/3 skill
4 level 1 skills
- 1 pt – 5 level 1 skills