

TUMBLING

PROGRESSION CHART

ROOKIE

Body Positions:

Stand Tall, Lunge, Candle Stick, Hollow Hold, Plank, Tuck, Pike

- 90° leg holds
- Lever into lunge
- Forward Roll (FWDR)
- Backward Roll (BWDR)
- Bridge
- Intro to Handstand
- Intro to Cartwheel (CW)
- Bridge Crawl

BEGINNER

Prerequisites:

Right and Left Split, Handstand, Standing 90° Leg Hold, 90° Bridge Leg Lifts on each leg

- Front Limber
- Back Limber
- Front Walkover (FWO)
- Back Walkover (BWO)
- Front Walkover to Cartwheel (FWO/CW)
- Cartwheel to Back Walkover (CW/BWO)
- Multiple BWO's & FWO's
- Front Walkover, Cartwheel, Back Walkover
- Round Off (RO) Rebound

NOVICE

Prerequisites:

Bridge Crawl, Forward & Backward Rolls, Handstand, Cartwheel Basics

- Power Hurdle Approach
- Handstand
- Cartwheel (Left & Right)
- Handstand to Bridge
- Bridge Back
- Bridge Kick Over
- Right, Left, and Middle Splits

INTERMEDIATE

Prerequisites:

Handstand Hold, Front Walkover, Back Walkover, Front & Back Limber, and Round Off

- Running Front Handspring (FHS)
- Standing Back Handspring (BHS)
- Back Extension Roll
- Front Handspring Connection
- Back Handspring Series
- 2 Step Approach to Round Off
- Round Off Handspring Series
- Aerial Cartwheel / Barani



Skill Level Progression Tumbling Trampoline

Andrea Boucher, Evelyn Wiseman



Skill Level Progression Tumbling Trampoline:

The Athlete's Shoulder James R. Andrews, Kevin E. Wilk, Michael M. Reinold, 2008-10-30 The latest edition of this in depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters additional illustrations and algorithms an added focus on arthroscopic treatments and pearls that highlight key information Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes pediatrics and golfers This book offers coverage of arthroscopy total joint replacement instability football tennis swimming and gymnastic injuries rotator cuff injuries and much much more The large range of topics covered in this text ensures that it is a great resource for orthopaedists physical therapists athletic trainers and primary care physicians Presents a multidisciplinary approach to the care of the shoulder combining contributions from the leaders in the field of orthopedic surgery physical therapy and athletic training Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists athletic trainers Features 16 new chapters including Internal Impingement Bankarts Open vs Arthroscopy Adhesive Capsulitis of the Shoulder Cervicogenic Shoulder Pain Proprioception Testing and Treatment and more Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up to date Organizes topics into different sections on anatomy biomechanics surgery and rehabilitation for ease of reference **Journal of Health, Physical Education, Recreation** ,1963 *Gymnastics Safety Manual* United States Gymnastics Safety Association,1979 The aim of this manual is to raise the level of safety in those recreational and athletic activities generally described as gymnastics tumbling and floor exercises vaulting over gym horses and skills performed on pommel horses still rings balance beams horizontal bars and even or uneven parallel bars The value of gymnastics for physical education sport and health has been emphasized by the President's Council on Physical Fitness and Sports as its executive director states in his Foreword An important feature of the Second Edition is the inclusion of a chapter on The Trampoline and Gymnastic Programs by Jeff T Hennessy In addition the chapters on Medical and Legal Responsibility in the Gymnasium have been revised to cover new developments and the Bibliography has been updated The trampoline chapter has been added because of the USGSA's recognition that the tramp and minitramp can be used safely in physical education and recreation programs as well as in the training of gymnasts provided specified procedures are followed The author of this chapter Professor Hennessy of the University of Southwestern Louisiana has several well known publications on trampolining This manual covers those factors that must be considered in a conscientious effort to assure a safe gymnastic environment safely prepared gymnasts and safe gymnastic supervision and instruction It is directed to all persons engaged in or preparing for the teaching or supervision of

gymnastics programs Such programs may be in public or private schools colleges or universities fraternal social or youth organizations and private clubs or camps The Gymnastics Safety Manual is recommended as invaluable background information Gymnastics Lloyd Readhead,2013-03-01 Crowood Sports Guides provide sound practical advice that will make you a better sportsperson whether you are learning the basic skills discovering more advanced techniques or reviewing the fundamentals of your sport Contents include The rules and regulations that govern the sport and the roles and responsibilities of gymnasts coaches and officials during an event The technical skills in women s gymnastics vaulting asymmetric bars balance beam and floor exercises and men s gymnastics floor exercises pommel horse rings vaulting parallel bars and horizontal bar Detailed key points for the gymnastic skills and elements covered The content and structure of the training regimes together with the methods and techniques used to teach and perform some important core skills and a range of more advanced skills The ways in which coaches develop the high levels of skill and physical fitness required by gymnasts Psychology nutrition preventing under performance and injury prevention and treatment As Gymnastics continues to grow in popularity there are many opportunities to participate as a gymnast coach judge or official This book will be of interest to gymnasts in general and in artistic gymnastics in particular Covers the technical skills in women s and men s gymnastics and provides the key points for the gymnastic skills and elements covered Superbly illustrated with 106 colour photographs Lloyd Readhead have over forty years experience as a gymnastics coach and has represented Great Britain in men s artistic gymnastics Another title in the highly successful Crowood Sports Guides series Physical and Mental Health Guidance for a Safe Re-Integration of Gymnastics after COVID-19 Restrictions from Training USA Gymnastics,2020-05-22 The documents contained herein will provide you with important information on why a gradual return to gymnastics is important how to manage that return for your athletes as well as other health guidance **A Guide to Gymnastics** Frank F. Musker,Donald Rex Casady,L. W. Irwin,1968 **Therapeutic Trampolining for Children and Young People with Special Educational Needs** Ange Anderson,2020-03-18 This practical resource explores the benefits of therapeutic trampolining on children and young people with special educational needs It supports practitioners as they introduce the trampoline into their own therapeutic settings Trampolining is known to improve balance coordination and motor skills it can improve bone density and benefit the lymphatic and cardiovascular systems It has even shown to encourage communication in children with autism and PMLD This book draws on the author s extensive experience of delivering both the British Gymnastics Trampoline Proficiency Award scheme as well as the Rebound Therapy trampolining programme The book also explores the practical side on how to set up and deliver trampolining as a therapy in schools clubs or in the home Photocopiable material includes Lesson equipment such as schemes of work lesson plans adapted for varying needs and a trampoline rules poster Tools for offering therapeutic trampolining sessions such as sequencing cards communication cards Risk Assessment an individual education plan and a communication placemat All the necessary forms to ensure a safe

trampolining environment for all participants including screening forms referral and assessment forms and relevant policies
 A business plan for after school provision advertising leaflet and service level agreement This is an invaluable resource for anybody looking to explore therapeutic trampolining as a way of enhancing the physical and emotional wellbeing of children and young people with special educational needs *Movement Discovery: Physical Education for Children* Andrea Boucher,Evelyn Wiseman,2010-03-26 5 Stars Doody s Book Review Creative challenging and interesting physical education lessons in pre schools and elementary schools are essential Movement Discovery Physical Education for Children is designed to change traditional thinking in physical education and bring a breath of fresh air to movement lessons Written to help early childhood and elementary school teachers value simple strenuous and enjoyable activity this text provides the foundation they ll need to give such experiences to young children This text includes background information to provide an understanding of why programs are as they are information about child development and skill development to give guidance to teachers material to start an on going Movement Discovery program that capitalizes on the innate human urge to discover ones physical capacities and enjoy them Movement Discovery encourages teachers to provide challenging yet gratifying physical education lessons If students can derive satisfaction in their increase in skill and if these skills have a link with their future education and the world in which they live there is a good possibility that activity will continue throughout life
Journal of Health, Physical Education, Recreation ,1963 **Trampolining** Sue Freeman,British Gymnastics,2009-06-30
 The Know the Game series has everything you need to know about the sport including equipment rules techniques and training tips *Individual Gymnastic Programs for Men and Women* Donald L. Worthington,1975 **Learning Directory** ,1970 **USA Gymnastics Safety Handbook for Gymnastics and Other Sport Activities** USA Gymnastics,1994
APSS Know how Associated Public School Systems,1958 **Index to Health and Safety Education (multimedia).** National Information Center for Educational Media,1972 **Sports Film Guide** Athletic Institute,1956 Coaching Review ,1983 Safety in Gymnastics Gerald A. Carr,1980 A Safety Handbook for Gymnastics **Gymnastics for Kids Ages 3-7** Dancy Kelsey Noble,1983 **Teaching and Coaching Gymnastics for Men and Women** James Rollar Brown,David B. Wardell,1980

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Skill Level Progression Tumbling Trampoline Introduction

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