

Tumbling Gymnastics Level 1 (Cycle 6) Syllabus

Fitness and Well-being – Physical Preparation:

Warm up
Strength and endurance training
Cool down
Execution of landings
Body shapes
Safety in using the trampette

Tumbling:

Straight jump
Tuck jump
Pike Jump
Jump 180°
Jump 360°
Forwards roll
Backwards roll
Headstand
Handstand
Cartwheel
Handspring
Flyspring
Round off
Flic

Rebound Only:

Whip
Tuck backwards somersault
Tuck forwards somersault