

Tumbling Gymnastics Level 3 (Cycle 6) Syllabus

Technical Module 1

Warm Up and Physical Preparation:

Stretching
Muscle activation exercises
Conditioning
Planning the training

Technical Skills:

Straight backwards 360° somersault
Whip 360°
Barani whip series
Straight forwards 360° somersault
Straight forwards 540° somersault

Technical Module 2

Practical Delivery:

Planning the training

Technical Skills:

Double tuck backwards somersault
Double pike backwards somersault
Double puck backwards somersault
Double straight backwards somersault
Double backwards somersault progressions
Double tuck forwards somersault
Double pike forwards somersault
Double forwards somersault progressions