

Tumbling Skill Progressions

Rolls

Skill	Key Words
Log Roll	Body straight and tight. Arms stretched overhead.
Egg Roll	Arms around tucked legs. Roll onto one shoulder, onto back, other shoulder, and up.
Straddle Roll	Legs in straddle position. Arms grab leg as close to ankle as possible. Shoulder, back, shoulder, up. Each roll should turn the body 180 degrees.
Shoulder Rolls From knees From one knee and one straddle leg From straddle legs From straight legs	Put on arm out to the side. "Peek-a-boo." Bring same arm, with hand facing upward, across body as if covering eyes. Roll down onto shoulder of arm crossing body. Return to original position after roll.
Forward Roll Little Jumps Completed Skill	From push up position. Hands straight ahead. 3 little jumps and over. Tuck head. Look at knees. Legs extended until hips hit mat, then tucked. Look ahead as you come around. Lean forward. Don't paddle push the floor.
Dive Roll One Step and Roll Two Steps and Roll Short Run and Roll	Reach out as you put hands down. Dive over a mat to get horizontal distance.
Back Shoulder Roll	Lay on floor on back in a T position, hands straight out to the side. Bring legs up over one shoulder until knees touch. Transfer body weight to knees. Roll over shoulder, not head. (Not shown)
Backward Roll	Thumbs in ears. Hands facing ceiling. <i>Elbows up, tight.</i>

Tumbling Lesson Plans

**Katherine T. Thomas, Amelia M.
Lee, Jerry R. Thomas**



Tumbling Lesson Plans:

Physical Education Methods for Elementary Teachers Katherine T. Thomas, Amelia M. Lee, Jerry R. Thomas, 2008 The authors show non specialists how to develop a realistic and workable approach to teaching physical education The book makes physical education worthwhile practical and fun for students and teachers The text provides the reader with a basic physical education curriculum and suggestions for how to implement this **The 1st Three Years of Acro, Gymnastics, and Tumbling** Gina Evans, 2014-11-12 No matter if your program is completely new or you have been at it for 30 years this book develops a common base from which all of your teachers can build their classes Giving students a strong balanced gymnastics education in their early years will allow students individual talents education and creativity to thrive during classes in later years This book also provides a perfect model for organizations besides gyms to learn how to add in a gymnastics program As any savvy business owner knows the best way to grow your business is to find new customers or to sell more to the customers you already have Whether you are a dance studio sport complex or recreation center The 1st Three Years of Acro Gymnastics Tumbling gives you a step by step process for introducing a new program which will allow you to benefit more from your pre existing customers **A Manual for Tumbling and Apparatus Stunts** Otto E. Ryser, 1968 *Lesson Plans for Teachers in Nature-study Agriculture* Alice Jean Patterson, Lora M. Dexheimer, 1914

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 Gymnastics and Tumbling United States. Office of the Chief of Naval Operations, 1944 *Gymnastics and Tumbling* V-Five Association of America, 1950 **Lesson Plans in English, Arithmetic and Geography, for Grades Fourth to Eighth** Mrs. Alice Cynthia King Hall, 1919

Journal of Health, Physical Education, Recreation , 1961 **Teaching Middle School Physical Education** Bonnie S. Mohnsen, 2008 This text describes how to create a programme that addresses the specific needs and capabilities of middle school students while helping them through the transition from childhood to young adulthood This edition is fully updated

and revised *Men's Artistic Gymnastics Handbook* Gerald A. Carr,1981 **The Journal of Health and Physical Education** ,1930 **Children and Movement** ,1989 **Contemporary Approaches to the Teaching of Physical Education** Neil J. Dougherty,Diane Bonanno,1987 **The Bulletin of the University of Minnesota [Announcements].** University of Minnesota,1925 **Educators Grade Guide to Free Teaching Aids** ,1963 **Resources in Education** ,1984 Adelbert College of Western Reserve University Catalogue, Cleveland, Ohio Adelbert College,1930 *The Teachers Journal and Abstract* ,1926 Teaching Physical Education in Elementary Schools Maryhelen Vannier,Mildred Foster,David L. Gallahue,1973

Tumbling Lesson Plans: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. Tumbling Lesson Plans : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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