

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. Elbows tight.

Tumbling Lesson Plans

Guillaume Favre

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Tumbling Lesson Plans:

The Enigmatic Realm of **Tumbling Lesson Plans**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Tumbling Lesson Plans** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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