

TUMBLES

Stage 2 Programme

	Plan A	Plan B	Plan C
	January, April, July, October	February, May, August, November	March, June, September, December
Warm-up	Tumbles Recreational Warm-up Including flexibility	Tumbles Recreational Warm-up Including flexibility	Tumbles Recreational Warm-up Including flexibility
Vault	1. Seal stretch handstand flat back 2. Kick to handstand flat back 3. Jump over barrel/flic trainer to handstand flat back	1. From panel mat– straight jump to 60cm 2. From panel mat – jump to handspring flat back 40cm 3. Seal stretch to handstand flat back	1. Straight jump onto 60cm 2. Kick to handstand flat back (link with above skill if possible) 3. Handspring flat back 60cm
Bars	1. Rev chin, Leg lift , chin up circle up using block 2. Casts back to bar, cast back hip circle 3. Back hip circle	1. Rev chin, Leg lift chin up circle up from block 2. Cast back to bar, cast back hip circle 3. Jump into straddle undershoot	1. Rev chin, Leg lift chin up circle up from block 2. Cast back to bar, cast back hip circle 3. Tuck swings to land on x-blocks
Beams	1. Walks (complex – covers all Stage 1 skills) 2. Straight jump x 2 3. Arabesque	1. Walks (complex – covers all Stage 1 skills) 2. ½ turn on toes 3. Kick towards handstand	1. Walks (complex – covers all Stage 1 skills) 2. Mount – Straddle hold 3. Dismount – Cartwheel to handstand dismount
Floor	1. B-roll to front support down x-block 2. Bridge kickover from x-block 3. Walk down wall to bridge	1. Front to back cartwheel over panel mat 2. Bridge kickover from panel 3. Drop to bridge – crash mat	1. B-roll to front support 2. Front to back cartwheel step in 3. Bridge kickover – down x-block
Floor 2 Event	January – Start Easter Showcase routines April – Start Club Champs routines July - Stage 2 leap and jump lines (cat leap and straight jump ½ included) October – Christmas Show routines After an event has finished – continue July floor programme until the end of the month. In addition, play x-factor game for one week after event has finished.	February – East Showcase full routines May – Club Champs full routines August – Stage 2 leap and jump lines (cat leap and straight jump ½ included) November – Christmas Show routines After an event has finished – continue August floor programme until the end of the month. In addition, play x-factor game for one week after event has finished.	March – Easter Showcase June – Club Championships September – Stage 2 leap and jump lines (cat leap and straight jump ½ included) December – Christmas Show After an event has finished – continue September floor programme until the end of the month. In addition, play x-factor game for one week after event has finished.