

Tumbling Curriculum Overview



	Run 1	Run 2	Run 3
Club Level 1 – Stage 1 7-8yrs, 9-10yrs, 11yrs	Forward roll Straight Jump Forward Roll Tuck Jump Forward Roll Jump 180	Cartwheel (side) Cartwheel (side) Cartwheel (finish sideways)	Straight jump Cartwheel ¼ turn in fall to dish on mat Hold dish (3 secs)
Club Level 2 – Stage 2 7-8yrs, 9-10yrs, 11yrs	Straight jump (walk out from standing) Cartwheel Chasse Cartwheel Chasse Cartwheel	Straight jump (walk out from standing) Cartwheel Round-off Straight jump Backward Roll	Straight jump (walk out from standing) Round-off jump to dish onto mat Dish hold (3 secs)
Club Level 3 – Stage 3 8yrs, 9-10yrs, 11-12yrs, 13yrs	Straight jump (walk out from standing) Cartwheel Chasse Round-off Jump 180	Straight jump (walk out from standing) Round-off Jump 180 (walk out) Round-off Straight jump	Straight jump (walk out from standing) Round-off Flic Jump to dish Hold dish (3 secs)
Club Level 4 – Stage 4 / NDP 8yrs, 9-10yrs, 11-12yrs 13-14yrs, 15+yrs	Round-off Flic Half turn jump	Handspring Straight jump (walk out) Round-off Straight jump	Straight jump (walk out from standing) Round-off Flic x 2 Jump to dish - hold dish (3 secs)
Club Level 5 – Stage 4 / NDP 9 -10yrs, 11-12yrs, 13+yrs	Round-off Flic Jump ½ (walk out) - Round-off Flic Straight jump	Round-off Flic x 4 Straight jump	Round-off Flic Tuck back
Club Level 6 – Stage 4 / NDP 9 -10yrs, 11-12yrs,13-14yrs,15+yrs	Round-Off Flic x 4 Tuck back	Round-Off Flic Whip Flic x 2 Straight jump	Round-off Flic Pike back

Landing on one foot at the end of an exercise will be deemed as an interruption, therefore that move will not be counted and the gymnasts will lose 1 mark from execution and the difficulty of the element. Arms should come into the chest on a half turn jump (as a final skill). Where the half turn is 'mid exercise, arms should go overhead. Failure to do this will result in a technical error of 0.1 for arm position from the execution judges