

TUMBLES

Stage 1 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 Straight jumps and candle sticks must be covered plus flexibility	Tumbles Recreational Warm-up Straight jumps and candle sticks must be covered plus flexibility	Tumbles Recreational Warm-up Straight jumps and candle sticks must be covered plus flexibility
Vault & Floor	1. Squat on, straight jumps from x-block 2. Bird, soldier, rocket from x-block 3. Forward rolls down x-block	1. Bird, soldier, rocket from x-block bounce to crash mat 2. Piked handstand on block lift to flat back 3. Backward roll down x-block	1. Run bounce straight jump to 30cm 2. Kick to handstand land flat 3. Cartwheel over panel mat
Bars	1. Tuck shape – straighten legs to hold 2. Jump to front support cast to land 3. Cast back hip circle / casts	1. Tuck shape – straighten legs to hold 2. Jump to front support cast to land 3. Cast back hip circle / casts	1. Tuck shape – straighten legs to hold 2. Jump to front support cast to land 3. Cast back hip circle / casts
Beams	1. Walks (complex – covers all Stage 1 skills) 2. Mount – Tuck sit, lift one leg – step out to squat (arms by ears)	1. Walks (complex – covers all Stage 1 skills) 2. Dismount – From lunge kick towards side handstand flat back or to standing crash mat	1. Walks (complex – covers all Stage 1 skills) 2. Straight jumps
Floor	July - Backwards rolls, cartwheels and handstands – Preps as above 1. Backward roll down x-block 2. Cartwheel over panel mat 3. Belly handstand hold - Kick to handstand on panel mat	August – Forward rolls, cartwheels and handstands – x-blocks 1. Forward roll down x-block 2. Cartwheel down x-block 3. Belly handstand hold - Kick to handstand on panel mat	September – Forward & backward rolls and handstands – x-blocks 1. Forward roll down x-block 2. Backward roll down x-block 3. Belly handstand hold - Kick to handstand on panel mat
Event	January – Start Easter Showcase routines April – Start Club Champs routines 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 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 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.