

TUMBLES

Stage 3 Programme

	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. Half on roll prep with feet raised 2. Kick to handstand and stand over flic trainer 3. Flat back over table vault	1. Handspring over vault 2. ½ on to stack	1. Handspring flat back over table to hop up mat – from trampette 2. ½ on over mat stack
Bars	1. Rev chin, Leg lift , chin up (high bar) 2. Circle up, cast back hip circle, 3. Squat on	1. Float swing down x-block and return 2. Circle up, cast back hip circle, 3. Straddle undershoot	1. Rev chin, Leg lift , chin up (high bar) 2. Circle up, cast back hip circle, 3. Swings (Dish, arch, kick) to block
Beam	1. Stage 3 complex 2. Cartwheel 3. Cartwheel ¼ dismount	1. Stage 3 complex 2. Jumps and spins 3. Mounts	1. Stage 3 complex 2. Handstand 3. Handstand variations
Floor	1. Backward walkovers 2. Forward walkovers	1. Handstand forward rolls 2. Cartwheel b-roll to pike	1. Flics 2. Round-offs
Fast Track	1. Back tumbling programme, A 2. Forward tumbling programme, A Alternate weekly	1. Back tumbling programme, A 2. Forward tumbling programme, B Alternate weekly	1. Back tumbling programme, A 2. Dance programme
Floor 2 Event	January – Start Easter Showcase routines April – Start Club Champs routines July - Stage 3 leap and jump lines – Full spin, tuck jump full 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 3 leap and jump lines – Full spin, tuck jump full 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 3 leap and jump lines – Full spin, tuck jump full 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.