PRESCHOOL TUMBLING

Athletes will use different progressions and drills to learn and master the below skills. The badges are the mandatory skills they need to move to the next skill set. Check out your child's progress via the IClassPro parent portal.

Skill Badges

Bunny Hops	**Jump For Distance**	**Forward Roll**
Backward Straddle Roll	**Tumbling Lunge**	**Push Up To Backbend**

Bridge Leg Lift	**Power Hurdle Hold**	**Bridge Walk** (1/2 the floor)
Cartwheel	**Handstand**	**Fall To Backbend**

Level 1 Beginner

Athletes will use different progressions and drills to learn and master the below skills. The badges are the mandatory skills they need to move to the next skill set. Check out your child's progress via the IClassPro parent portal.

Skill Badges

Bunny Hops

Jump For Distance

Forward Roll

Backward Straddle Roll

Tumbling Lunge

Push Up To Backbend

Bridge Leg Lift

Power Hurdle Hold

Bridge Walk (1/2 the floor)

Cartwheel

Handstand

Fall To Backbend

Level 1 Intermediate

Athletes will use different progressions and drills to learn and master the below skills. The badges are the mandatory skills they need to move to the next skill set. Check out your child's progress via the IClassPro parent portal.

Skill Badges

Backward Roll

Opposite Side Cartwheel

Bridge Kickover

Handstand Fall To A Bridge

Handstand Forward Roll

Cartwheel Backward Straddle Roll

Level 1 Advanced

Athletes will use different progressions and drills to learn and master the below skills. The badges are the mandatory skills they need to move to the next skill set. Check out your child's progress via the IClassPro parent portal.

Skill Badges

- Back Walkover
- Power Hurdle Front Walkover
- Cartwheel connected Back Walkover
- Standing Front Walkover
- Front Walkover connected Cartwheel
- Standing 2 BWOs
- Cartwheel 2 BWOs
- Switch Leg BWO
- Standing 3 BWOs
- FWO - CW - BWO
- FWO - CW - 2 BWOs
- 2 Front Walkovers

Level 2 Beginner

Athletes will use different progressions and drills to learn and master the below skills. The badges are the mandatory skills they need to move to the next skill set. Check out your child's progress via the IClassPro parent portal.

Skill Badges

Hanstand Snap Down

Handstand Block

Roundoff Rebound

FWO connected Roundoff Rebound

Valdez

Back Extension Roll

LEVEL 2 STANDING TUMBLING

Athletes will use different progressions and drills to learn and master the below skills. The badges are the mandatory skills they need to move to the next skill set. Check out your child's progress via the IClassPro parent portal.

Skill *Badges*

- Back Hanspring Down The Wedge Mat
- Back Handspring Rebound
- BHS Rebound UP The Wedge Mat
- Back Extension Roll - BHS
- Back Handspring Step Out
- Back Walkover BHS
- BHS Step Out BHS Rebound
- BHS Step Out BWO
- BHS Step Out BWO - BHS
- BWO Switch Leg - BHS
- Valdez BHS

LEVEL 2 RUNNING TUMBLING

Athletes will use different progressions and drills to learn and master the below skills. The badges are the mandatory skills they need to move to the next skill set. Check out your child's progress via the IClassPro parent portal.

Skill Badges

Roundoff BHS

Cartwheel BHS

FWO Roundoff BHS

Cartwheel 2 BHS

Roundoff 2 BHS

FWO Roundoff 2 BHS

Cartwheel BHS Step Out BWO-BHS

Roundoff BHS Step Out BWO-BHS

Roundoff 3 BHS

Front Handspring

Roundoff BHS 1/2 turn rebound Roundoff 2 BHS