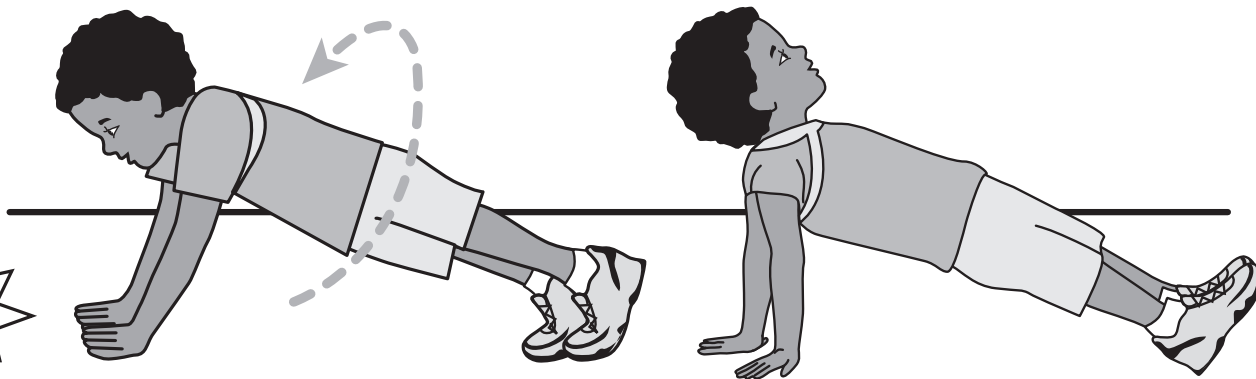


Front Support to Rear Support

★ Start in a Front Support Position. Lift one hand off the floor and turn over into a Rear Support.

★ Can you do this move in reverse and return to a Front Support?

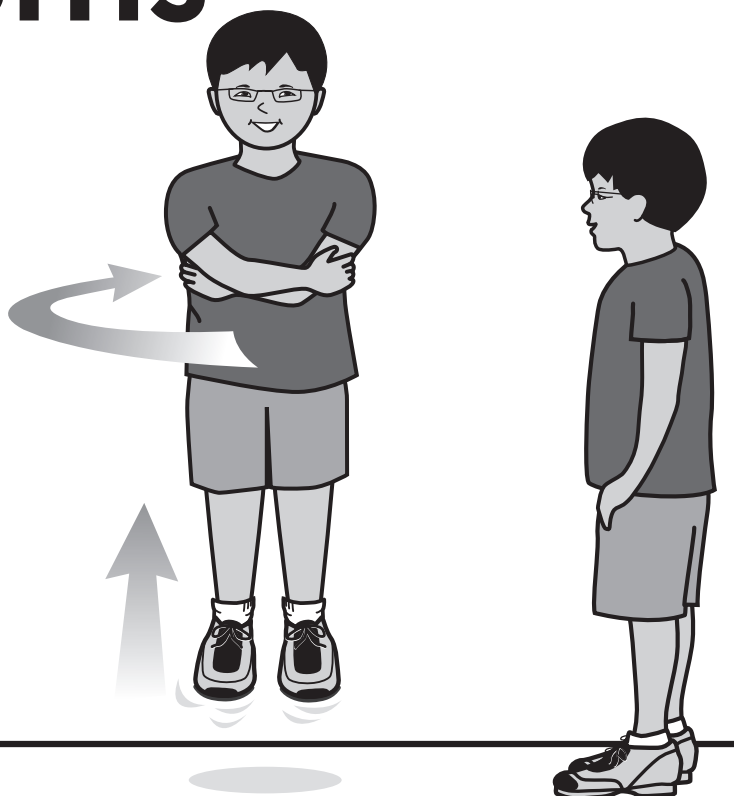
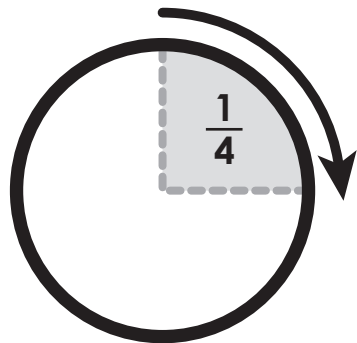


BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

Quarter Turns

- ★ Jump up and make a R turn in the air and land facing the right side.
- ★ Do 3 more to get back to the front.
- ★ Now try to the L.

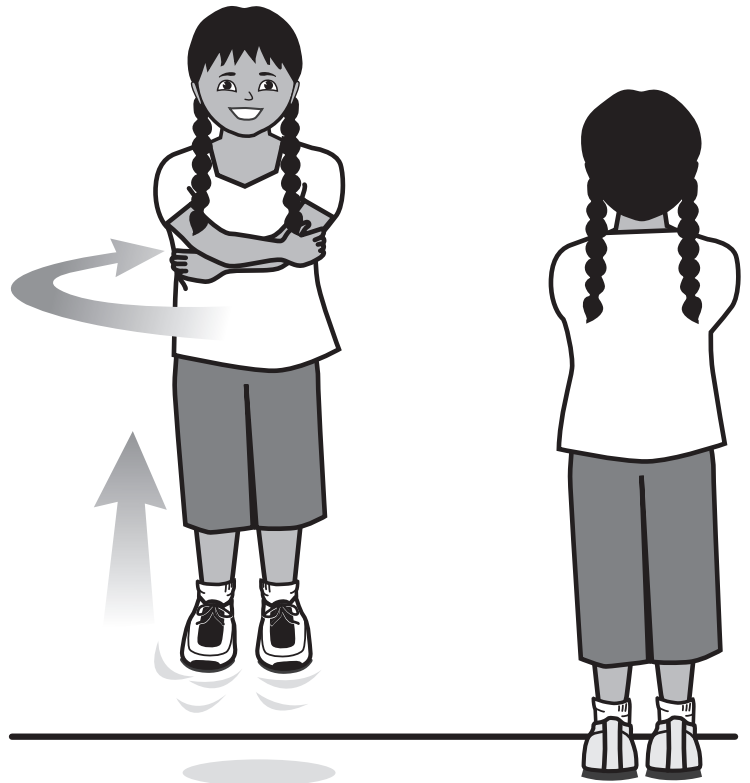
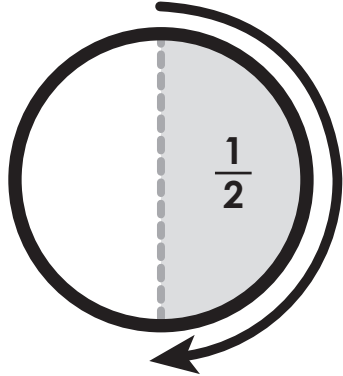


BALANCE, STUNTS, AND TUMBLING

JUMPING AND LANDING

Half Turns

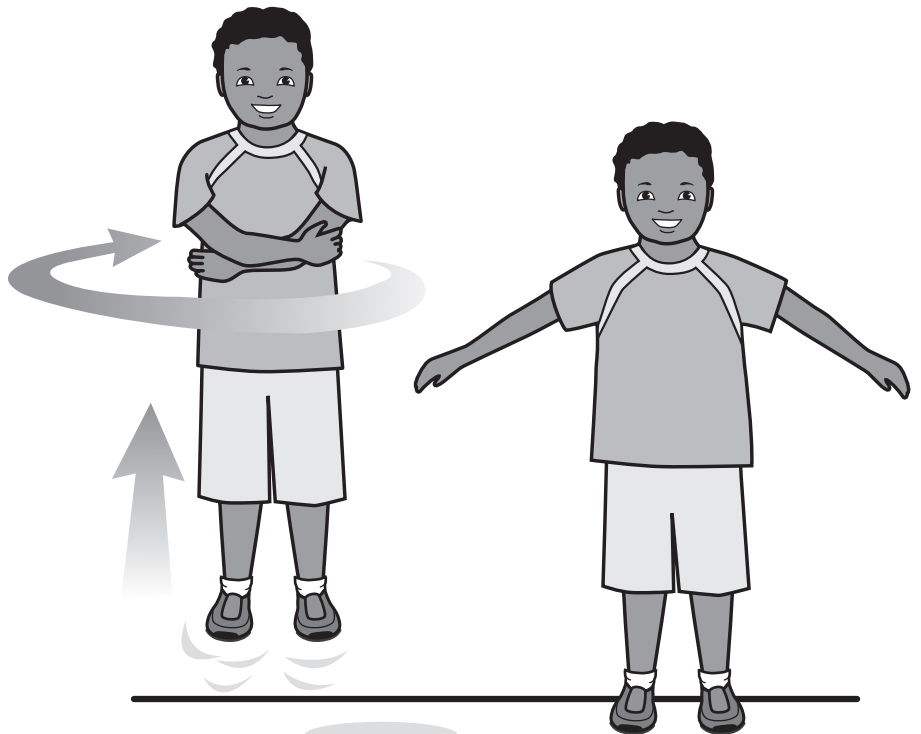
- ★ Jump up and make a R turn in the air and land facing the back side.
- ★ Do one more to get back to the front-facing position.
- ★ Now try to the L.



BALANCE, STUNTS, AND TUMBLING
JUMPING AND LANDING

Full Turns

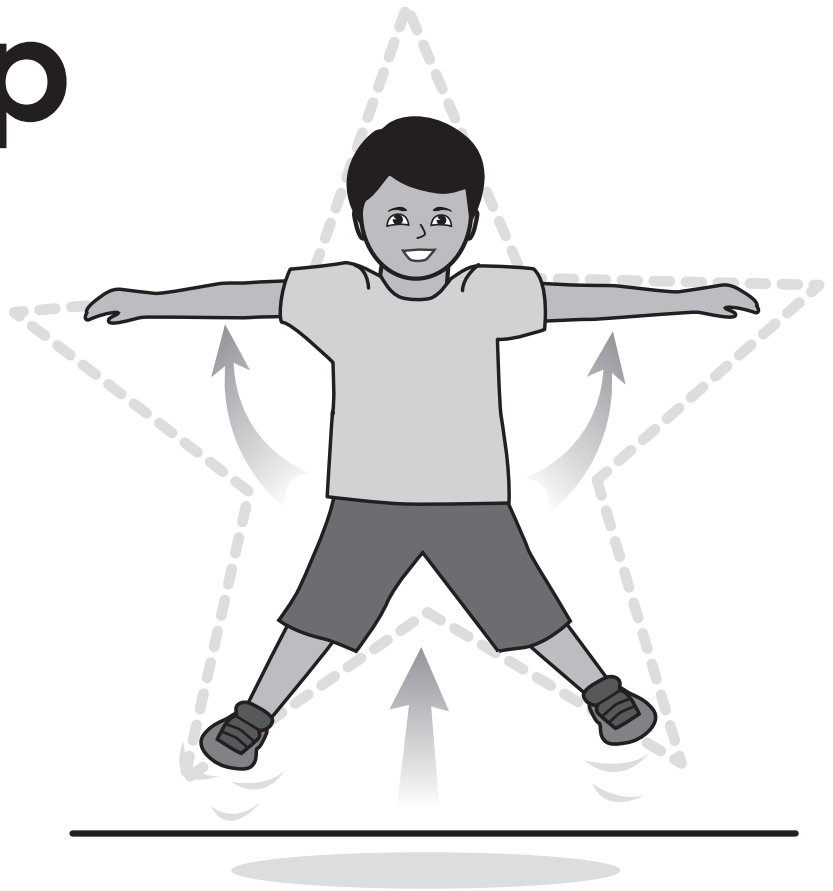
- ★ Jump up and make a R turn in the air and land facing where you started.
- ★ Now try to the L.



BALANCE, STUNTS, AND TUMBLING
JUMPING AND LANDING

Star Jump

★ Jump in the air and make the shape of a star with your arms and legs.

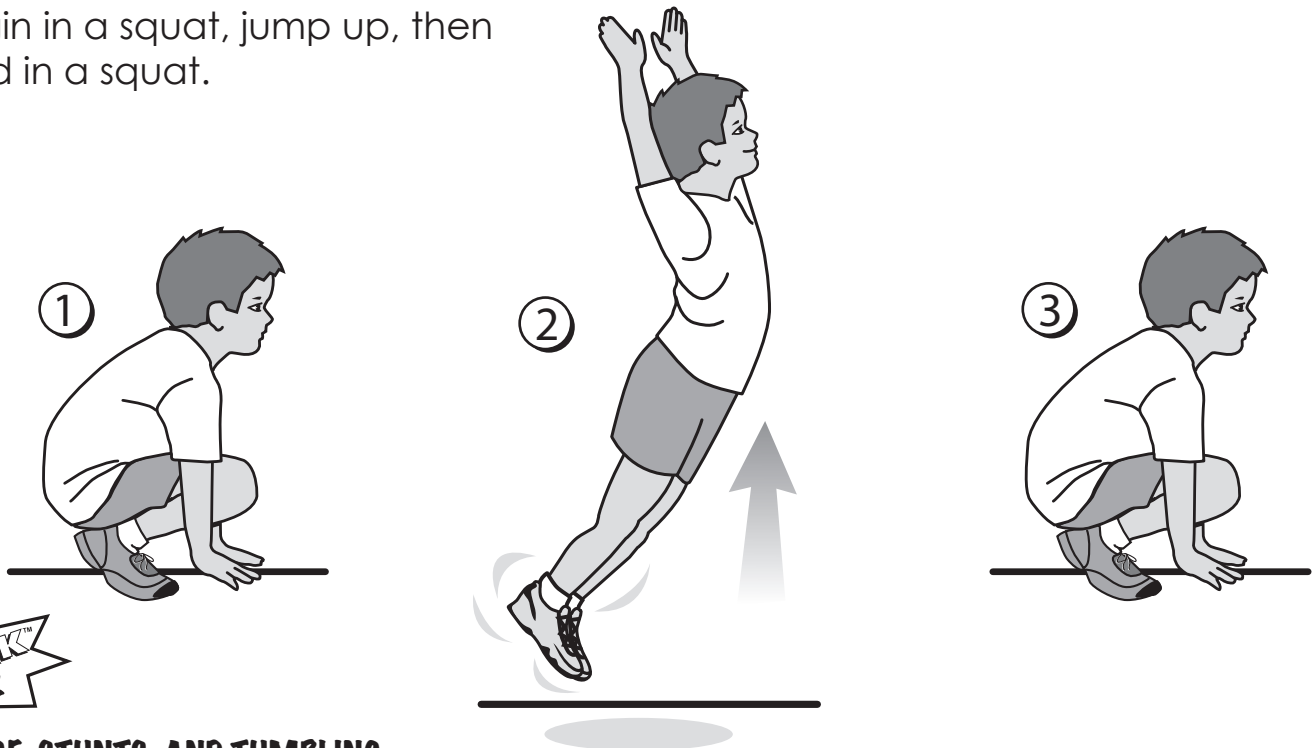


BALANCE, STUNTS, AND TUMBLING

JUMPING AND LANDING

Jack-in-the-Box

★ Begin in a squat, jump up, then land in a squat.



BALANCE, STUNTS, AND TUMBLING

JUMPING AND LANDING

Pogo Stick

- ★ Jump up and down keeping your knees and body stiff.
- ★ Keep your hands out front as if holding a pogo stick.

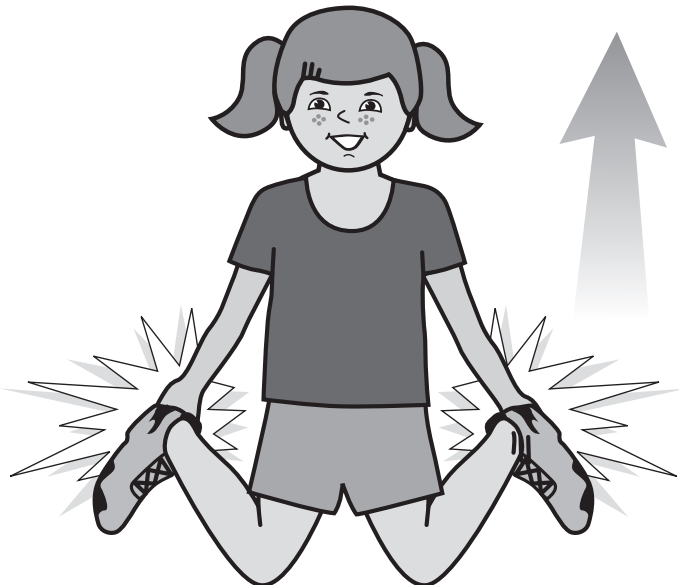


BALANCE, STUNTS, AND TUMBLING

JUMPING AND LANDING

Heel Slap

- ★ Stand straight with hands at your sides.
- ★ Jump up and bend your knees so your feet come up and out.
- ★ Slap your heels with your hands.

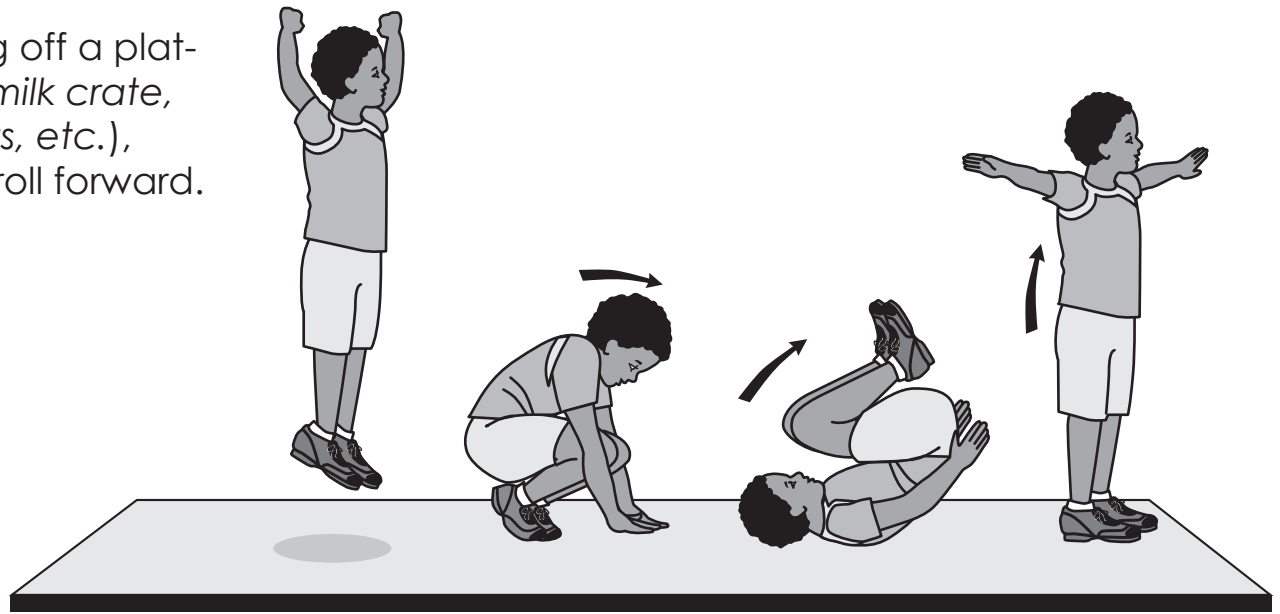


BALANCE, STUNTS, AND TUMBLING

JUMPING AND LANDING

Jump, Land, and Roll

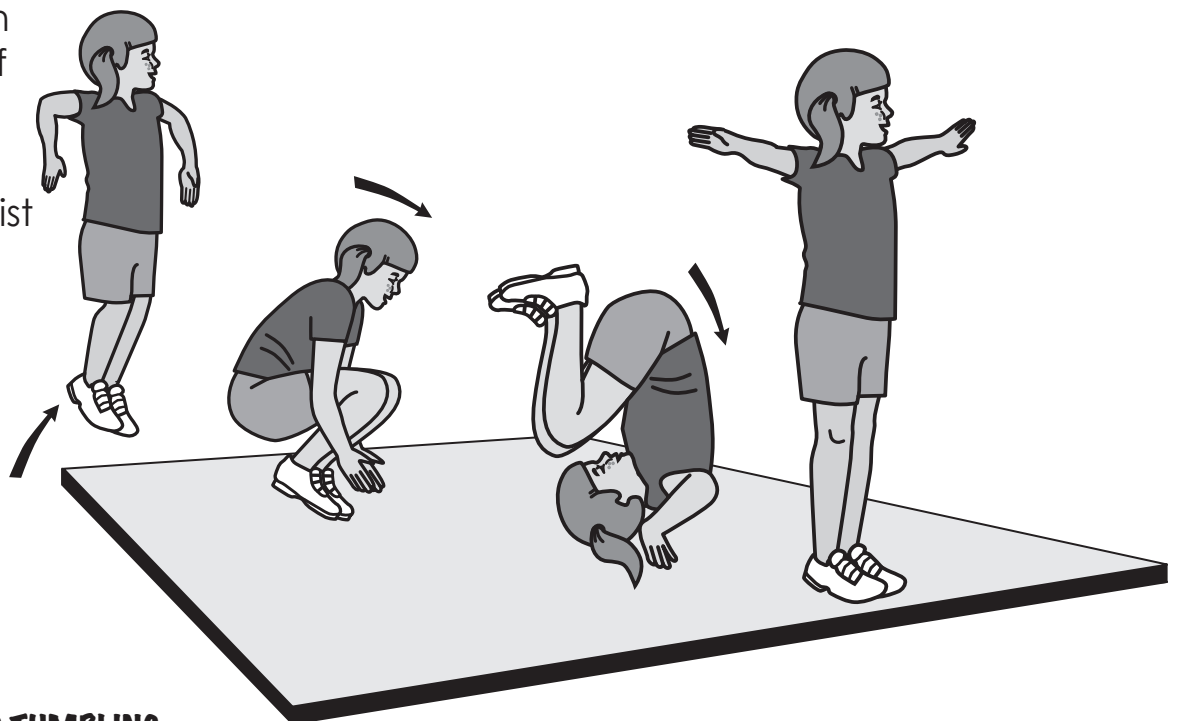
- ★ Jump, land, and do a forward roll.
- ★ Try jumping off a platform (i.e., milk crate, pile of mats, etc.), land, and roll forward.



BALANCE, STUNTS, AND TUMBLING
JUMPING AND LANDING

Travel, Jump, Land, Roll

- ★ Jump over each of the corners of your mat, land, and roll.
- ★ Jump, add a twist in the air, land, and roll.



BALANCE, STUNTS, AND TUMBLING
JUMPING AND LANDING