

# **Tumbling Skill Progressions**

## **Rolls**

<b>Skill</b>	<b>Key Words</b>
<b>Log Roll</b>	Body straight and tight. Arms stretched overhead.
<b>Egg Roll</b>	Arms around tucked legs. Roll onto one shoulder, onto back, other shoulder, and up.
<b>Straddle Roll</b>	Legs in straddle position. Arms grab leg as close to ankle as possible. Shoulder, back, shoulder, up. Each roll should turn the body 180 degrees.
<b>Shoulder Rolls</b> From knees From one knee and one straddle leg From straddle legs From straight legs	Put on arm out to the side. "Peek-a-boo." Bring same arm, with hand facing upward, across body as if covering eyes. Roll down onto shoulder of arm crossing body. Return to original position after roll.
<b>Forward Roll</b> Little Jumps Completed Skill	From push up position. Hands straight ahead. 3 little jumps and over. Tuck head. Look at knees. Legs extended until hips hit mat, then tucked. Look ahead as you come around. Lean forward. Don't paddle push the floor.
<b>Dive Roll</b> One Step and Roll Two Steps and Roll Short Run and Roll	Reach out as you put hands down. Dive over a mat to get horizontal distance.
<b>Back Shoulder Roll</b>	Lay on floor on back in a T position, hands straight out to the side. Bring legs up over one shoulder until knees touch. Transfer body weight to knees. Roll over shoulder, not head. (Not shown)
<b>Backward Roll</b>	Thumbs in ears. Hands facing ceiling. <i>Other arm tight.</i>

# Gymnastics Lesson Plans For Preschool

**Wenbin Ji**



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