

# **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. Elbows tight.

# Lesson Plans For Tumbling

**LL Leslie**



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## **Table of Contents Lesson Plans For Tumbling**

1. Understanding the eBook Lesson Plans For Tumbling
  - The Rise of Digital Reading Lesson Plans For Tumbling
  - Advantages of eBooks Over Traditional Books
2. Identifying Lesson Plans For Tumbling
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Lesson Plans For Tumbling
  - User-Friendly Interface
4. Exploring eBook Recommendations from Lesson Plans For Tumbling
  - Personalized Recommendations
  - Lesson Plans For Tumbling User Reviews and Ratings
  - Lesson Plans For Tumbling and Bestseller Lists
5. Accessing Lesson Plans For Tumbling Free and Paid eBooks
  - Lesson Plans For Tumbling Public Domain eBooks

- Lesson Plans For Tumbling eBook Subscription Services
- Lesson Plans For Tumbling Budget-Friendly Options
- 6. Navigating Lesson Plans For Tumbling eBook Formats
  - ePub, PDF, MOBI, and More
  - Lesson Plans For Tumbling Compatibility with Devices
  - Lesson Plans For Tumbling Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Lesson Plans For Tumbling
  - Highlighting and Note-Taking Lesson Plans For Tumbling
  - Interactive Elements Lesson Plans For Tumbling
- 8. Staying Engaged with Lesson Plans For Tumbling
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Lesson Plans For Tumbling
- 9. Balancing eBooks and Physical Books Lesson Plans For Tumbling
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Lesson Plans For Tumbling
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Lesson Plans For Tumbling
  - Setting Reading Goals Lesson Plans For Tumbling
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lesson Plans For Tumbling
  - Fact-Checking eBook Content of Lesson Plans For Tumbling
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

## 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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