

A cheerleader in a black and white uniform with 'L&P' on the front is being lifted into the air by two male cheerleaders. She has a large red bow in her hair. The background is dark blue with teal and green light effects and a large, stylized 'L&P' logo.

2020-2021

*New Season*

JOIN US

Tumble  
Worksheets



### Online Learning Waiver

The online tutorials are property of Loud & Proud, participants will not share the online links with outside parties.

By engaging in the activities you agree that -

Familiar with the risks involved

Physically, emotionally, and mentally able to participate in activities

That you check all equipment used is fit for purpose

Should you feel unwell you will cease activity

You not attempt skills outside of your capabilities

You will take necessary precautions when performing elements within this programme

You will not hold Loud & Proud responsible for any injury or accident which may occur during the activities

Break downs of warm ups, stretching, conditioning and skills can be found HERE on our YouTube channel

[https://www.youtube.com/playlist?list=PLJL9IpkGXxdbNBvH3J\\_GFb4n0zHMrZOWC](https://www.youtube.com/playlist?list=PLJL9IpkGXxdbNBvH3J_GFb4n0zHMrZOWC)

All children should be supervised during the activities to ensure safe and proper progression.

If you have questions regarding any of the activities please contact Coach Hannah  
[coachhannah@loudandproudcheer.co.uk](mailto:coachhannah@loudandproudcheer.co.uk)

## Tumble Worksheet

<u>Warm up</u>	x		x		x
Straight jumps	5	Straight jumps	10	Straight jumps	15
Tuck Jumps	5	Tuck Jumps	10	Tuck Jumps	15
Jumping jacks	5	Jumping jacks	10	Jumping jacks	15
Mountain climbers	5	Mountain climbers	10	Mountain climbers	15
Half Burpees	5	Half Burpees	10	Half Burpees	15
Walk for 30sec-1min		Walk for 30sec-1min		Walk for 30sec-1min	

## Stretch

HOLD for a count of...

<i>Neck mobility</i>	Head up and down		
	Head side to side		
	Ear to shoulder both sides		
<i>Shoulder mobility</i>	Arm back with a reach	Right/Left	8
	Both arms forward		8
<i>Upper body</i>	Torso twist	Right/Left	
	Hip circles	Right/Left	
	Hips to front looking back		
	Hips to the back (flat back legs straight)		
<i>Lower Body</i>	Feet apart hands flat to floor and hold		8
	Feet together hands flat to floor and hold		8
	Walk out to front support		
	Bounce on feet pushing heels into the floor		10
	Seal		8
	Snail		8
	Reach one arm through	Right/Left	
	Happy Cat		
	Angry Cat		
	Wrist mobility	Forwards/backwards/side to side	
<i>Lower Body</i>	Lunge hips forward		8
	Lunge leg straight		8
	Lunge forward elbows down		8
	Splits (where appropriate)		8
	REPEAT OPPOSITE LEG		
	Butterfly		8
	Pike		8
	Circle ankles	Right/Left	

# Tumble Worksheet

Support document

## Warm up

Seal



Snail



Reach one arm through



Angry Cat



Happy Cat



Lunge hips forward



Lunge leg straight



Splits (where appropriate)



## Tumble Worksheet

Task **Handstand**

### Bunny Hops

Bunny hops are the first step to learning taking all your weight in your arms  
Start crouched down and jump from feet onto hands and try to hold an upside-down position

### Half Handstand

Half handstand can be performed using a chair/sofa/wall. The aim is to get your body inline

### Handstand Lunge

Perfecting the starting lunge is the key to all our tumbling  
Step forward using your dominant leg, bend front leg, back leg straight  
Arms squeezing ears  
Looking over your toe  
Hold this position  
Try adding a weight to your arms to condition this position

### L Handstand

From the lunge push off your back foot  
Use your legs in an L position to counterbalance and not tip over  
Slowly increase the height of your L till the top leg is vertical  
Always return to the lunge position  
Once mastered move on to the full handstand

### Full handstand

Follow the previous steps and then bring legs together at the top  
Be sure to point those toes  
Return to the starting lunge each time, making sure you don't tip over or switch legs  
\*\*If available use a wall for balance as we do in the gym  
Crawling up the wall backwards so your stomach is against the wall is the first step  
Once mastered lunge and kicking into a handstand at the wall will help  
you to stay up longer and correct your positioning

### Conditioning for a better handstand

Hollow hold



Front Support hold



Needle kicks



Bunny hops

Bunny hops Shoulder taps

Plank

\*\*Try performing these exercises for a minute, or see how long you can hold the shapes for

## Tumble Worksheet

Support document

Task **Handstand**

Bunny Hops



Half handstand



Handstand starting lunge



L Handstand



Full Handstand



Handstand- Core should be tight, arms squeezing ears, arms locked out strong. Head should be looking the opposite way in a neutral position. Legs tight, locked and finished with a pointed toe

## Tumble Worksheet

Task **Bridge**

### Bridge

Push to bridge  
Hold for 8  
Come down rock in a ball

**BEFORE MOVING ON BRIDGE MUST BE CONSISTEND, SAFE AND STABLE**

### Bridge leg lift

Once a solid bridge is achieved the aim is to lift one leg off the floor  
Hold for 8  
Come down rock in a ball

### Bridge Kicks

As above but kick the leg straight up and down  
Repeat on opposite leg

### Bridge Raised legs

Using a chair/mat/sofa raise legs off the floor into bridge

### Drop back to bridge

Start by using a wall and walking down it. Ensure mat is placed at the bottom of the wall

Arms by ears drop back onto a high surface such as a bed/sofa  
Slowly wean yourself down to a lower surface until you can drop back to the floor confidently.  
Always ensure arms are locked our and head is neutral

**\*\*Tips for your bridge, start with feet wider to aid pushing up/dropping back to bridge.  
The closer in your feet the harder the bridge is**

### Conditioning for a better bridge

Shoulder flexibility exercises- See YouTube channel  
Core strength- sit ups/crunches/v ups/ plank

Front support

Back Support



## Tumble Worksheet

Support document

### Task

Bridge



### Bridge

\*Head should always be looking at the ceiling.

\*Fingers pointing towards toes

\*Perform on a non slip surface

\*Feet should be flat on the floor

\* Legs together and straight

\*Chest pushing out over shoulders

REMEMBER this is an advanced bridge and all the points above are what we work on in class to be able to execute a perfect bridge.

For starters your aim is just to be able to push up

THEN think of one of the above to try and work on

After performing a bridge you should ALWAYS rock in a ball to stretch the spine. Bring your knees into your chest and rock forwards and backwards up towards your shoulders and back towards your feet.