

A cheerleader in a black and white uniform with 'L&P' on the front is being lifted by two male cheerleaders. She has a large red bow in her hair and is holding one leg high in the air. The background is dark blue with glowing green and cyan geometric patterns and light trails.

2020-2021

*New Season*

# 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

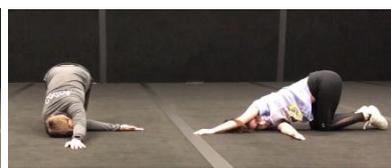
Seal



Snail



Reach one arm through



Angry Cat



Happy Cat



Lunge hips forward



Lunge leg straight



Splits (where appropriate)



## Tumble Worksheet

Task **Handstand Advanced**

### Handstand Walks

Perform a handstand, using your mat try to take steps with your hands keeping a strong vertical handstand  
Use markers or count how many steps you can take with your hands  
Handstand against a wall try to lift one hand off without over balancing

### Shoulder pops

Front support- Start in a front support position and perform pops through the shoulders  
Now start on a higher surface (One fold of the mat) and pop down to the floor  
Repeat above but popping up  
Continue to increase the height of the object to improve power in pop

Wall pops- Fall forward into the wall with locked outstretched arms, shrug though shoulder to pop off the wall. As you pop off bring arms up to ears fast  
Repeat the above and add toe jumps backwards as you pop out the wall

Handstand pops- Lunge into a handstand and pop immediately as hands touch the floor  
Once mastered as with the front support pops increase the height of the surface you pop to

Shoulder shrugs- Can be done in full handstand on the wall or half handstand. Make sure you are vertical

### Handstand hollows

Handstand against the wall, using your feet slightly push of the wall  
Hover in vertical and then return to the wall before lunging out of your handstand  
Repeat above but with little toe pushes and returning to the wall with each one

### Conditioning for a stronger handstand

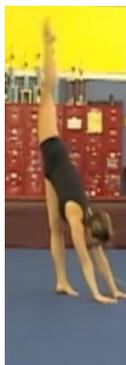
Hollow hold



Front Support hold



Needle kicks



Bunny hops

Elbows down and up in plank

Shoulder taps

Calf raises

Plank

Inch worms

\*\*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



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 Advanced**

### Bridge

Push to bridge

Hold for 8

Come down rock in a ball

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

### Bridge hops

Jumping off the floor with two feet trying to achieve the shape below



### Bridge Rocks

Slightly bending the knees and pushing back through the shoulders taking the chest over the hands

Repeat above with chest against the wall, see how close you can get

Perform with feet raised on a sofa/mats

### Bridge Snap downs

Beginning with a bridge hop get the legs up to handstand and then land over in front support

Start with the feet on a raised surface to make this easier, then slowly reduce the height of the surface

### Half and Half

Start in a back walkover

At the top of the back walkover bring feet together in a handstand

Snap legs down in to front support, then advance into a snap down landing and add rebound jump

### 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.