



BEG TUMBLING TESTING

Airtrack	Do not tick if...
Roundoff rebound	<ul style="list-style-type: none">- Rebound below 30cm in height- Incorrect hand position shown on track (T hands)- Poor shape during courbette motion
Jump half turn step out cartwheel	<ul style="list-style-type: none">- Incorrect shape shown in half turn (straight body arms up)- Cartwheel not on purple line- Failure to step out immediately into cartwheel
Dive roll	<ul style="list-style-type: none">- Lacking height- Poor shape- Poor roll shape and motion
5 x bounding	<ul style="list-style-type: none">- Body shape not staying rigid- Arms bending or moving- Knees bending
Handstand pop flatback	<ul style="list-style-type: none">- Arms not up in arch shape on landing- Insufficient pop- Body not staying rigid during movement
Cartwheel cartwheel	<ul style="list-style-type: none">- Lunge shape not shown in first cartwheel- Slow or poor connection between the first and second cartwheel.- Not on purple line
Bunny hop to handstand	<ul style="list-style-type: none">- Arm bend- Feet not leaving floor simultaneously- Failure to show control and good shape in the handstand
Bridge kick over from box	<ul style="list-style-type: none">- Bent arms- No lunge shape in finish position- Bent legs

Small Errors

- Slightly bent or loose leg/arm
- Legs slightly separated/crossed
- Unpointed or relaxed foot
- Loose body/poor posture
- Small wobble
- Slightly wonky
- Small step/hop on landing

Medium/Large Errors

- Incorrect body shape
- Significant bent leg/arm
- Legs far apart
- Not enough height (in jumps/swings/casts)
- Very wonky
- Medium/large wobble or fall
- Shuffle between two connected elements



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Phys prep	Do not tick if...
Kick to handstand	<ul style="list-style-type: none">- No start or end shape shown- Doesn't reach full handstand- Poor shape
10 x tuck leg lifts	<ul style="list-style-type: none">- Hips do not come off ladder at top of rep- Knees separate excessively
5 x 40cm box jumps	<ul style="list-style-type: none">- Reps are incomplete- Take offs of landings are from one foot
5 x push ups	<ul style="list-style-type: none">- Chest doesn't reach within 2cm of floor- Front support shape is compromised
10 sec coathanger	<ul style="list-style-type: none">- Wrong shape- Fall- Incomplete time
Floor	Do not tick if...
Bridge	<ul style="list-style-type: none">- Arms bend- Bend not spread through entire body- Legs apart
Candle straight jump	<ul style="list-style-type: none">- Failure to show full candle shape- Using hands to stand up- Bounding through roll
Backwards roll to tuck	<ul style="list-style-type: none">- Arms bend- Knees hitting floor on landing
Cartwheel between 2 x 60cm boxes	<ul style="list-style-type: none">- Hitting boxes- Lunge shape not shown at start of cartwheel- Falling on landing
Pike handstand on box, Lift to L, lift to full handstand	<ul style="list-style-type: none">- Arms/legs bend- Does not reach full handstand- Does not show control in full handstand