



INT TUMBLING TESTING

Airtrack	Do not tick if...
Flic off tramp or on tumbl trak	<ul style="list-style-type: none"> - Bent legs or arms - Poor rhythm - Start and finish position not shown
Front sault to mat	<ul style="list-style-type: none"> - No landing - Poor shape in air
Aerial	<ul style="list-style-type: none"> - Hands used - Poor shape - No lunge shown on landing
Donkey kicks x 3	<ul style="list-style-type: none"> - Arms not swinging back by hips between handstand pops - Poor rhythm - Not bounding
Front handspring	<ul style="list-style-type: none"> - Arms not up in arch shape on landing - Insufficient pop
Cartwheel, roundoff	<ul style="list-style-type: none"> - Slow or poor connection between the cartwheel and roundoff - Not on purple line - No rebound in roundoff
Round off, rebound half turn cartwheel roundoff	<ul style="list-style-type: none"> - Not on purple line - Incorrect or non-existent courbette - Poor connection between skills
Tuck, pike and straddle to handstand	<ul style="list-style-type: none"> - Arm bend - Poor shape

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 hold for 3 sec	<ul style="list-style-type: none"> - No start or end shape shown - Doesn't stop and hold in full handstand for min. 3 sec - Poor shape
10 x dish and arch rocks	<ul style="list-style-type: none"> - Legs bent or apart - Poor rhythm
10 x pushups	<ul style="list-style-type: none"> - Chest doesn't reach within 2cm of floor - Front support shape is compromised
5 x 60cm box jumps	<ul style="list-style-type: none"> - Reps are incomplete - Take offs of landings are from one foot
10 x straight leg leg lifts past 90 degrees	<ul style="list-style-type: none"> - Legs bending - Toes not lifting past 90 degrees
Floor	Do not tick if...
Handstand forwards roll	<ul style="list-style-type: none"> - Arms bend - Bounce in roll - Legs bending during candle phase
Roundoff with rebound	<ul style="list-style-type: none"> - Bad courbette shaping - Not rebounding through toes - Lack of height in rebound
Front walkover or front handspring	<ul style="list-style-type: none"> - Arm bend - Hands not leaving floor at same time - Incorrect landing shape
Backwards roll to front support	<ul style="list-style-type: none"> - Arms bend - No front support shape
Bridge kickover	<ul style="list-style-type: none"> - Poor bridge shape - Failure to kickover - No finishing lunge shown
Continuous cartwheels	<ul style="list-style-type: none"> - Star shape not shown between cartwheels - Not staying within their lane - Shuffling or stopping between cartwheels
Tuck up, pike up, straddle up to handstand	<ul style="list-style-type: none"> - Arms bend - Does not reach full handstand - Legs bend in pike or straddle