

Guidelines for the Culminating Performance of a Tumbling Unit

At the end of the tumbling unit, each student creates and performs a sequence of tumbling movements in a routine for a class meet according to the following criteria:

- The sequence must contain 10 movements.
- The sequence must include a variety of movements, with at least one skill from each of the following categories: forward rolls, backward rolls, upward agility movements, inverted agility skills, upright balances, and inverted balances.
- The sequence must contain forward, backward, and sideward movement.
- The sequence must have a definite beginning and ending.
- The sequence should be continuous—that is, free of stops (with the exception of balance skills, which must be held for at least 3 seconds)—and should feature smooth transitions (no extra steps or movements) from one movement to the next.
- The movements should be performed with amplitude and good form.
- You may choose to perform the sequence for the class or for only the instructor and judges.
- You may choose to perform the routine with or without music.

Before performing the tumbling routine, you must submit the routine form, which includes the names of the skills and the order and direction in which they will be performed. The form must also include a diagram of the floor pattern for the routine.