

Gymnastic (Tumbling) Meet

Squad _____ Leader _____ Period _____

To meet standard in seventh grade tumbling:

- **I can** follow the safety guidelines for tumbling stunts on the floor.
- **I can** also spot someone using proper spotting techniques learned in class.
- **If I** practice my skills in gymnastics **I can** progress to a more complex skill.

Everyone needs to be represented an equal number of times. **Squad leader:** Please write everyone's name (first and last name), on the front and back of this paper. On the back only- please state how many stunts each student is doing.

Name - First and Last	Stunt	Value	Points	Team Points
	tripod	5		
	forward roll	6		
	backward roll	7		
	tip up (3 sec)	8		
	backwards straddle	8		
	forward straddle	10		
	tripod - headstand	12		
	press headstand (3 sec)	14		
	forearm headstand (3sec)	16		
	kip	17		
	dive forward roll	17		
	headspring	17		
	forearm stand (3 sec)	17		
	handstand (3 sec)	17		
	cartwheel	18		
	clicker	19		
	handstand forward roll	19		
	cheater cartwheel	19		
	roundoff rebound	20		
	one arm cartwheel	20/23		
	back extension	24		
	front walkover	25		
	back walkover	25		
	tinsica	27		
no names here	front handspring (extra)	30	-----	-----