

T-STAND



Stand tall, arms out to side to form “T.” Use for “finishing pose.”

BALANCE AND STRENGTH

STUNTS & TUMBLING

SPARK™
3-6

EGG SIT



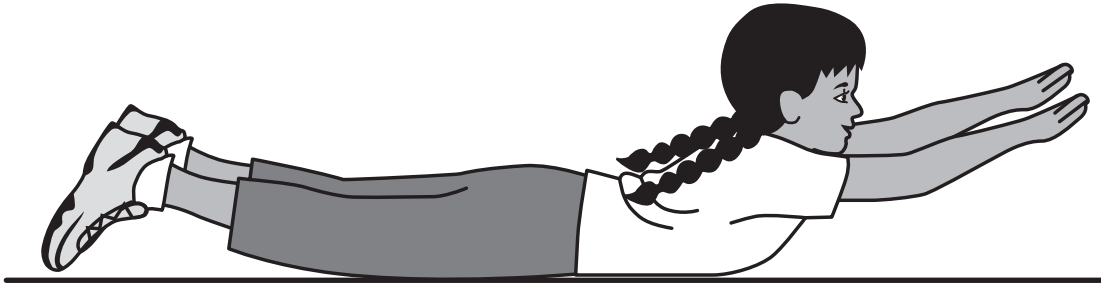
Sit with knees tucked to chest, head to knees. Arms around legs, grab shins.
Rock back-and-forth.

BALANCE AND STRENGTH

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SUPER HERO



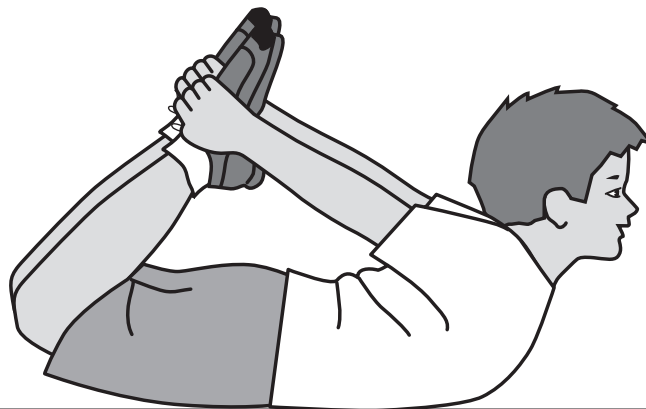
Lie prone (face down). Lift your head, legs, and arms in front like super hero.
Hold for count of 5.

BALANCE AND STRENGTH

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ROCKER



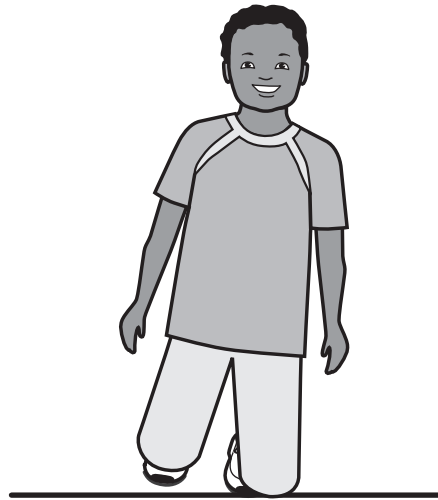
Lie prone (face down). Grab your ankles with your hands.
Pull up and together. Hold for count of 5.

BALANCE AND STRENGTH

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KNEE BALANCE



Kneel. Rock slowly to 1 side so your body is balanced on 1 knee.
Hold. Switch sides.

BALANCE AND STRENGTH

STUNTS & TUMBLING



V-SIT



EASIER

Keep knees bent.

HARDER

Lift hands off floor.



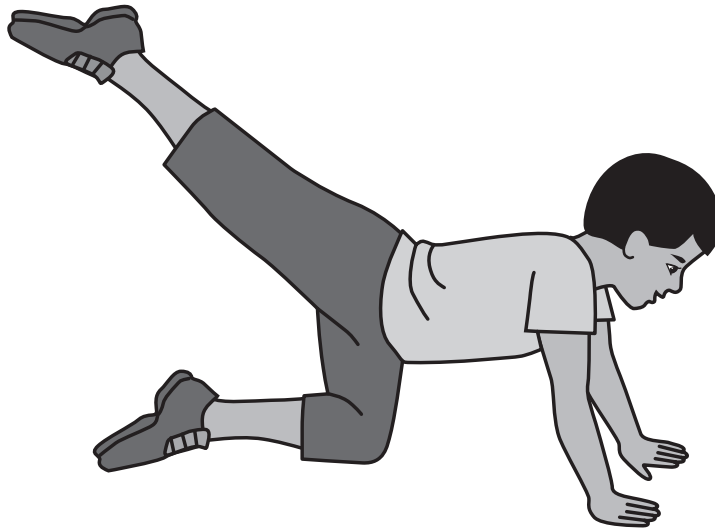
Sit with hands on floor behind you. Lean back slightly.
Lift feet off floor and extend until legs are straight. Hold for count of 5.

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KNEE SCALE



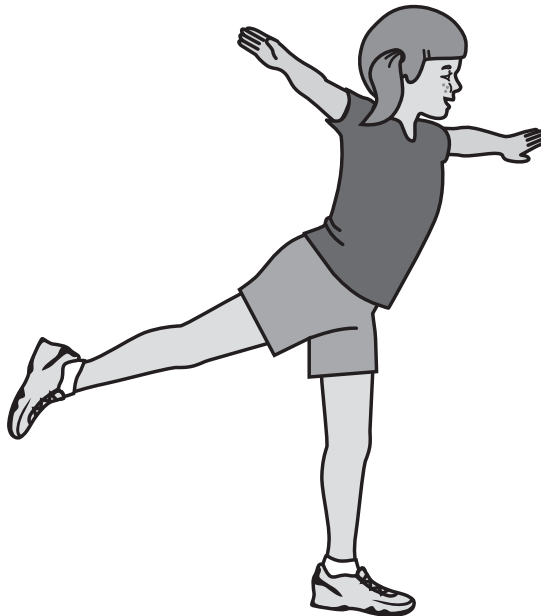
On your hands and knees. Keep your knees under hips, hands under shoulders. Extend 1 leg back and up. Hold for count of 5.

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FRONT SCALE



HARDER

Rise up on ball of supporting foot.

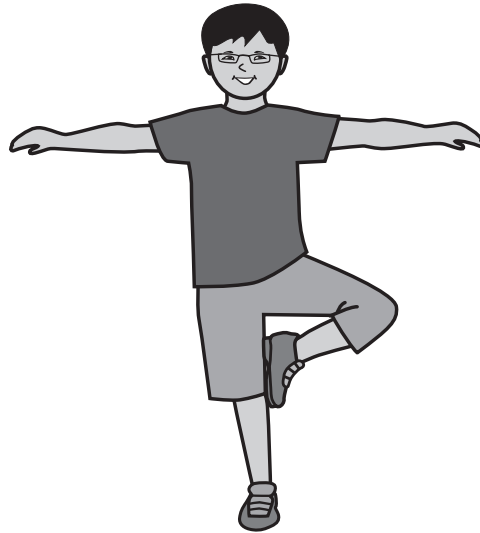
Stand with hands out to side. Lift 1 leg back and up. Keep leg straight. Lean forward and raise lifted leg higher.

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STORK



EASIER

Bend supporting leg slightly.

HARDER

Place palms of hands together and move so arms are straight overhead.

Stand with hands out to side. Bring 1 foot to rest on inside of supporting knee. Hold for count of 5.

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ASYMMETRICAL BALANCE



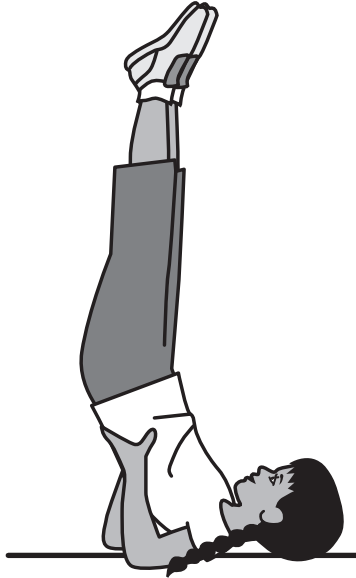
Stand/sit/lie in an asymmetrical position. Your R and L sides will be doing different things.

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SHOULDER STAND



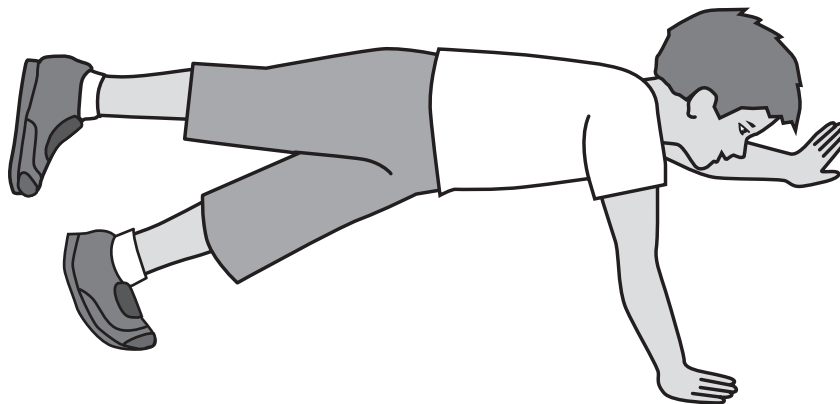
Lie supine (on back). Bring knees to chest. Put hands under hips and extend legs straight up. Hold for count of 5.

BALANCE AND STRENGTH

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PUSH-UP POSITION (1 HAND/1 FOOT)



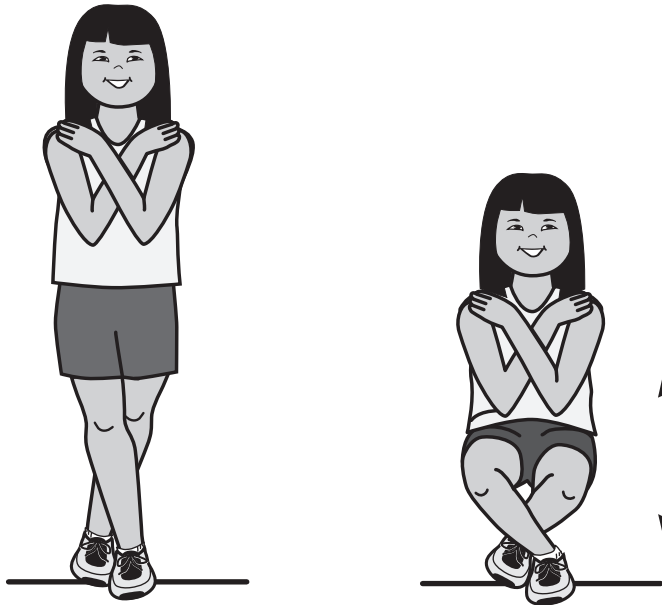
Lie prone, curl toes under. Push up so elbows are straight. Keep back straight. Lift L hand and R foot. Hold for count of 5.

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TURK STAND



HARDER

Begin with feet uncrossed. As you sit, turn 180° and cross feet to sit. As you stand, reverse the process.

Stand with feet crossed, arms across chest. Slowly sit, keeping legs and arms crossed. Return to standing.

BALANCE AND STRENGTH

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TIP-UP



Squat with feet shoulder-width apart. Place hands on floor in front of feet, fingers forward. Place elbows against legs above knee and press together. Very slowly lean forward taking weight onto hands. Lift feet off floor. Hold for count of 5.

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TRIPOD



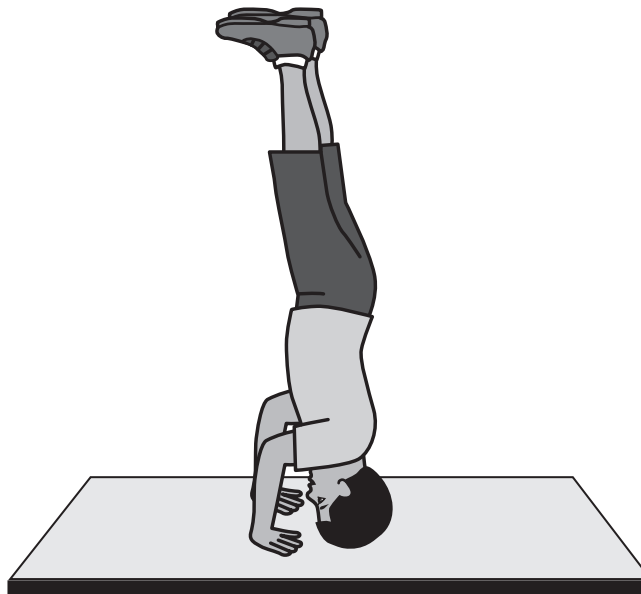
Kneel. Place hands on floor shoulder width. Place forehead on mat in front of hands. Rock forward so hips are raised above head. Place knees on elbows and lift feet off mat. Hold for count of 5.

BALANCE AND STRENGTH

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HEAD STAND



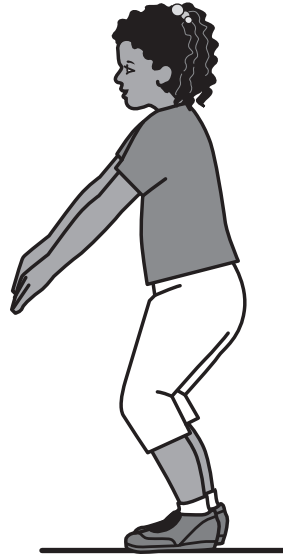
Start in Tripod position. Shift hips past head with knees bent. Slowly straighten knees. Hold for count of 5.

BALANCE AND STRENGTH

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S-SHAPED LANDING



When landing from a jump, bend knees to cushion your landing. Keep your shoulders forward and over knees to center weight. Arms hang down, just in front of knees.

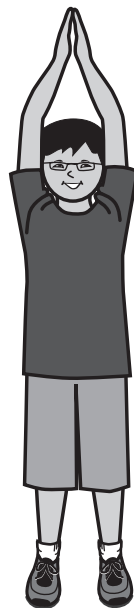
JUMPING AND LANDING SKILLS

STUNTS & TUMBLING

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PENCIL



Jump up. Hands touching overhead, arms straight.
Finish with an S-shaped landing and a T-stand.

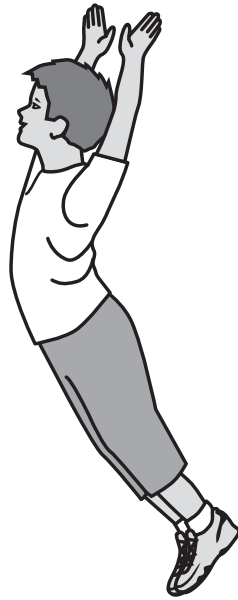
JUMPING AND LANDING SKILLS

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BANANA



Jump up, legs together. Arms overhead.
Arch back slightly like the curve of a banana. S-shaped landing. T-stand.

JUMPING AND LANDING SKILLS

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STAR



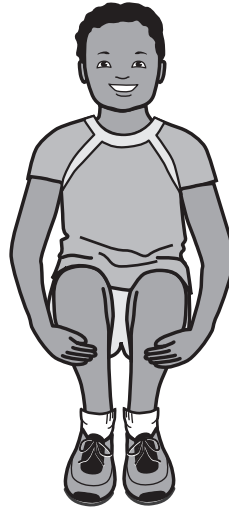
Jump up. Separate legs and arms to form star. S-shaped landing. T-stand.

JUMPING AND LANDING SKILLS

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TUCK



Jump up. Tuck knees to chest and grab knees. S-shaped landing. T-stand.

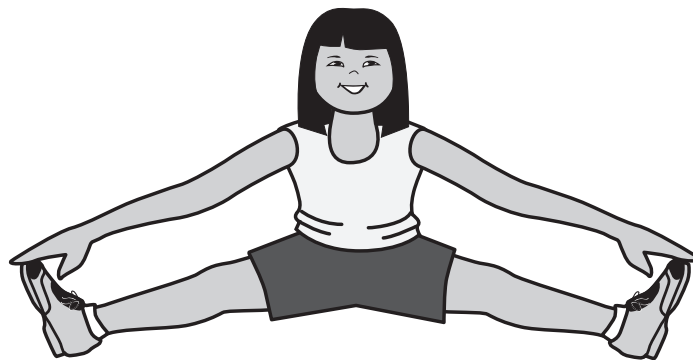
JUMPING AND LANDING SKILLS

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STRADDLE



Jump up. Sit back and straddle legs out front. Reach for toes.
S-shaped landing. T-stand.

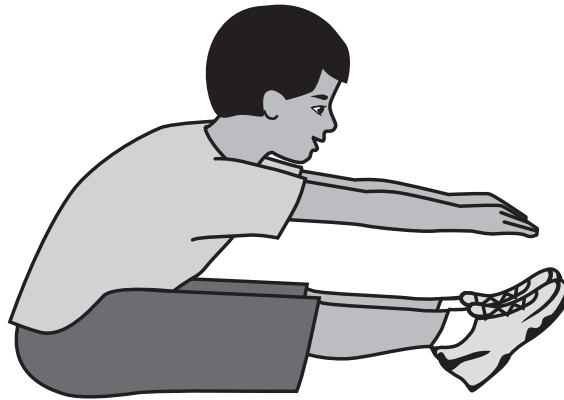
JUMPING AND LANDING SKILLS

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PIKE



Jump up. Drop hips and raise feet. Reach for toes. S-shaped landing. T-stand.

JUMPING AND LANDING SKILLS

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HEEL SLAP



Jump up. Bend knees and bring heels out to sides. Slap with hands.
S-shaped landing. T-stand.

JUMPING AND LANDING SKILLS

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HEEL CLICK



Cross R foot in front of L and jump off R foot. Lean to R and click your heels together in the air on L side. S-shaped landing. T-stand. Try the other side.

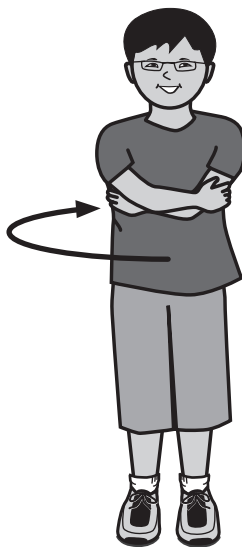
JUMPING AND LANDING SKILLS

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180° TURN



Stand with arms out to side. Jump up. Pull arms to chest to help rotation. Land when you have turned 1/2 way around. S-shaped landing. T-stand.

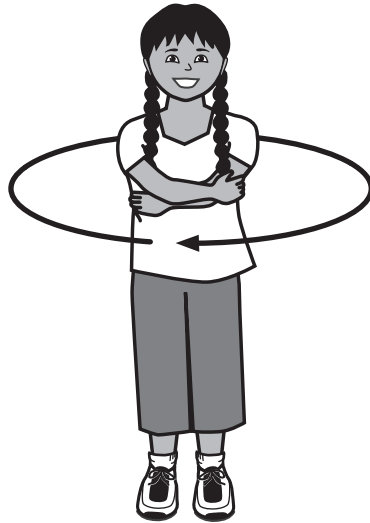
JUMPING AND LANDING SKILLS

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360° TURN



Stand with arms out to side. Jump up. Pull arms to chest to help rotation. Land when you have turned all the way around. S-shaped landing. T-stand.

JUMPING AND LANDING SKILLS

STUNTS & TUMBLING

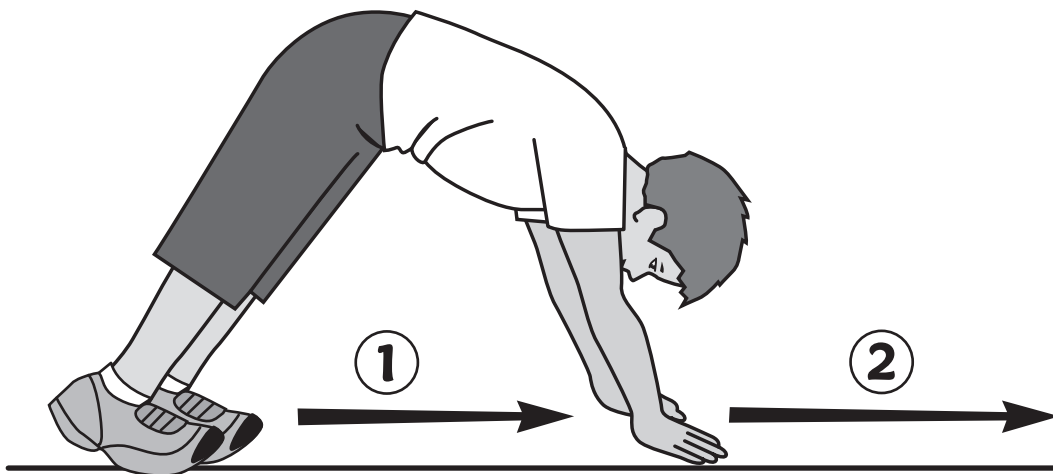
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JUMPING AND LANDING SKILLS

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INCHWORM



Place hands on floor about 2' ahead of feet. Keep arms straight and walk feet toward hands. Walk hands forward and repeat with legs.

WEIGHT TRANSFER

STUNTS & TUMBLING

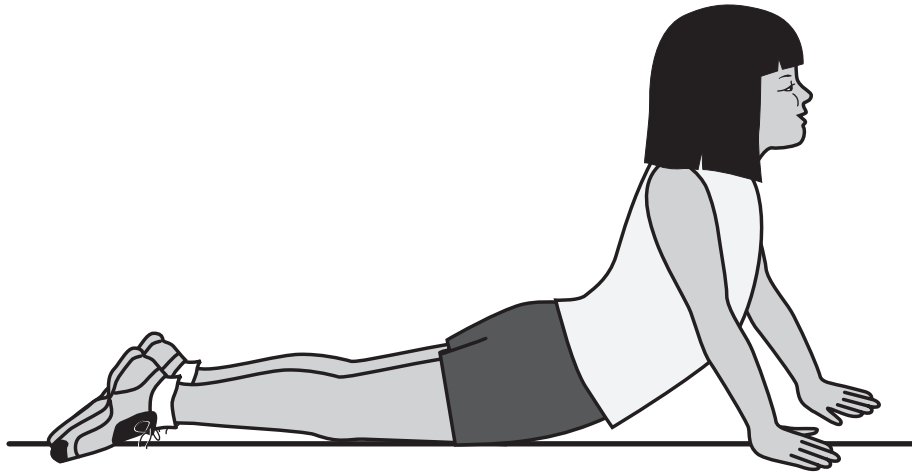
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WEIGHT TRANSFER

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SEAL WALK



Lie prone (face down). Hands on floor near chest. Press up so only your lower body is touching floor. Walk your hands and wiggle your lower body to move forward.

WEIGHT TRANSFER

STUNTS & TUMBLING



SEAT WALK



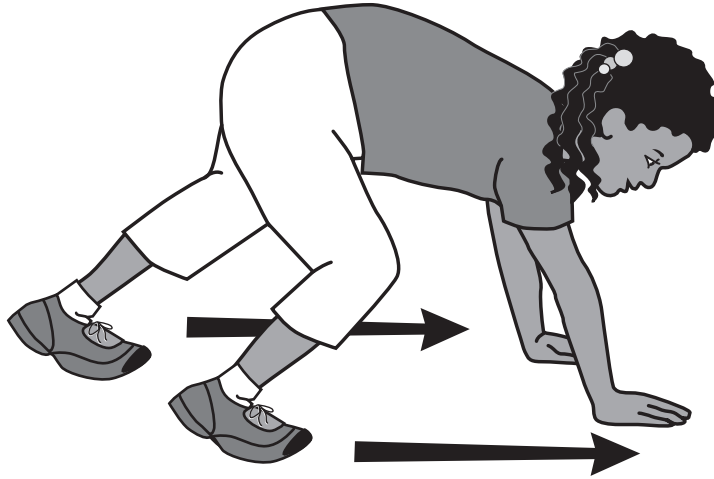
Sit with your legs straight in front (L-sit). Lift R bottom and scoot forward. Alternate R and L to “walk” forward.

WEIGHT TRANSFER

STUNTS & TUMBLING



BEAR WALK



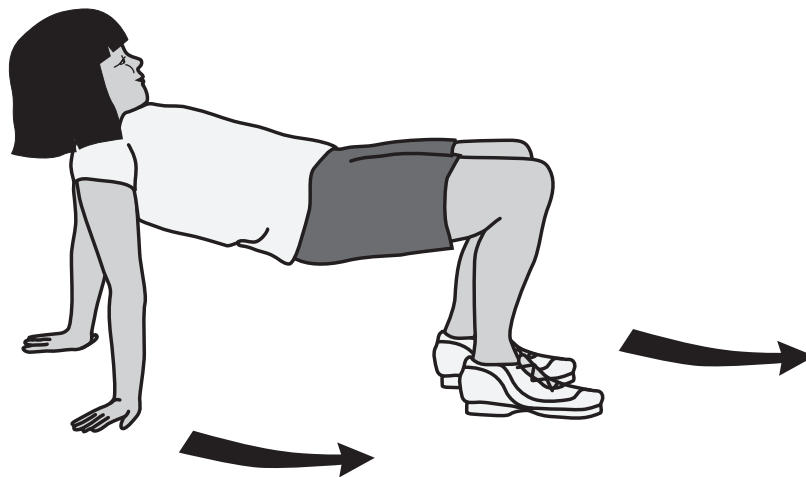
On your hands and feet. Move R hand and R foot forward. Move L hand and L foot forward. Continue alternating sides.

WEIGHT TRANSFER

STUNTS & TUMBLING

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CRAB WALK



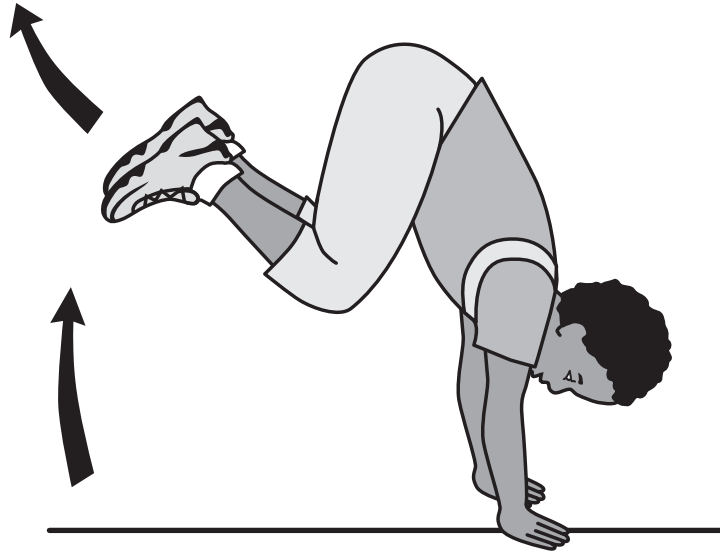
Sit with your knees bent, feet flat on floor, and your hands flat behind you. Lift your hips off floor and walk with straight elbows any direction.

WEIGHT TRANSFER

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MULE KICK



Squat and place your hands on the floor. Push off hands and kick both feet in the air like a mule. Start with knees tucked, straighten quickly, then tuck before landing.

WEIGHT TRANSFER

STUNTS & TUMBLING



CRAB KICK



Crab position (body balanced on hands and feet).
Alternate kicking R and L.

WEIGHT TRANSFER

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SEAT SPIN



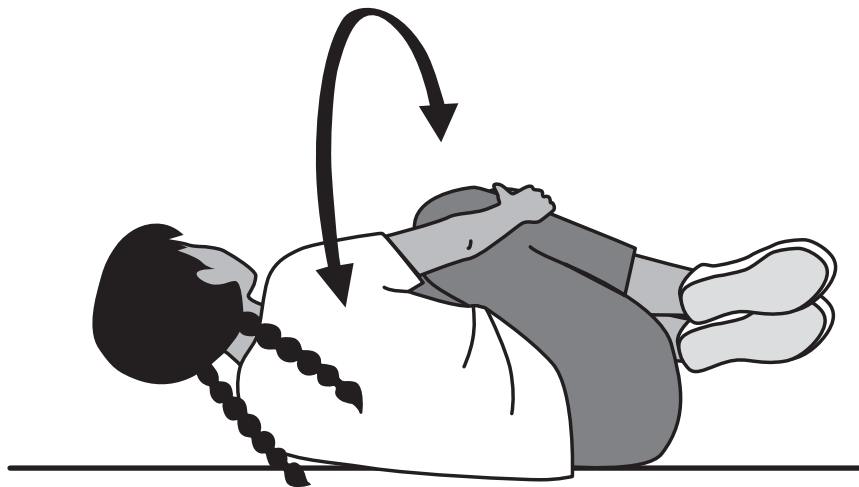
Sit on mat with your knees tucked tightly in and your feet off the floor.
Spin around 180° or 360°. Keep tucked in tight.

WEIGHT TRANSFER

STUNTS & TUMBLING



EGG ROLL



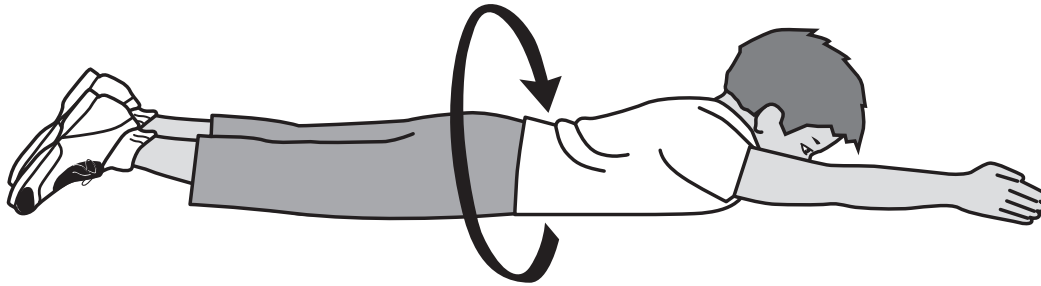
Kneel in a tight ball. Roll to the side all the way over and return to start.

WEIGHT TRANSFER

STUNTS & TUMBLING



LOG ROLL



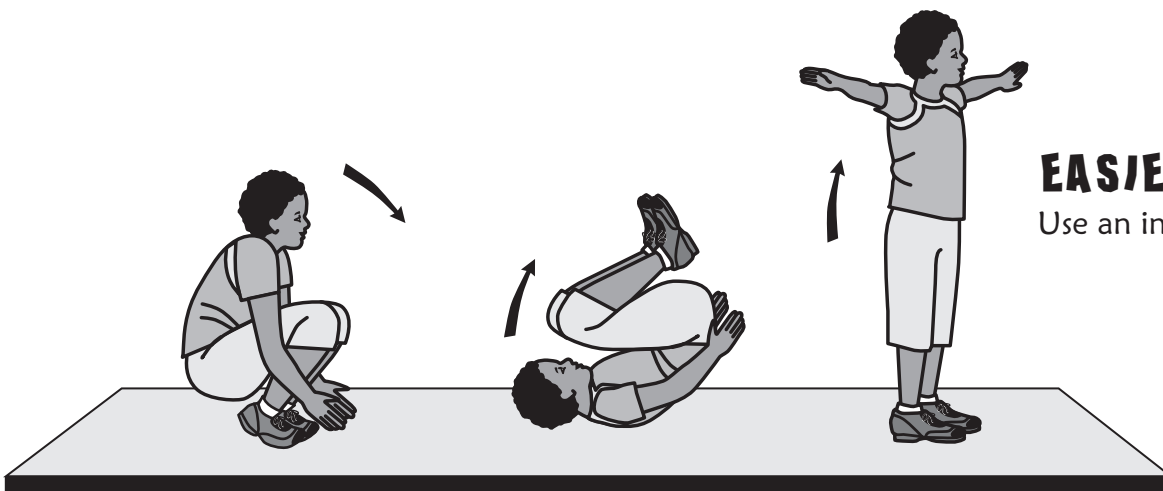
Lie prone (face down) with arms over head.
Roll to side all the way over and back to start.

WEIGHT TRANSFER

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FORWARD ROLL



EASIER

Use an incline mat.

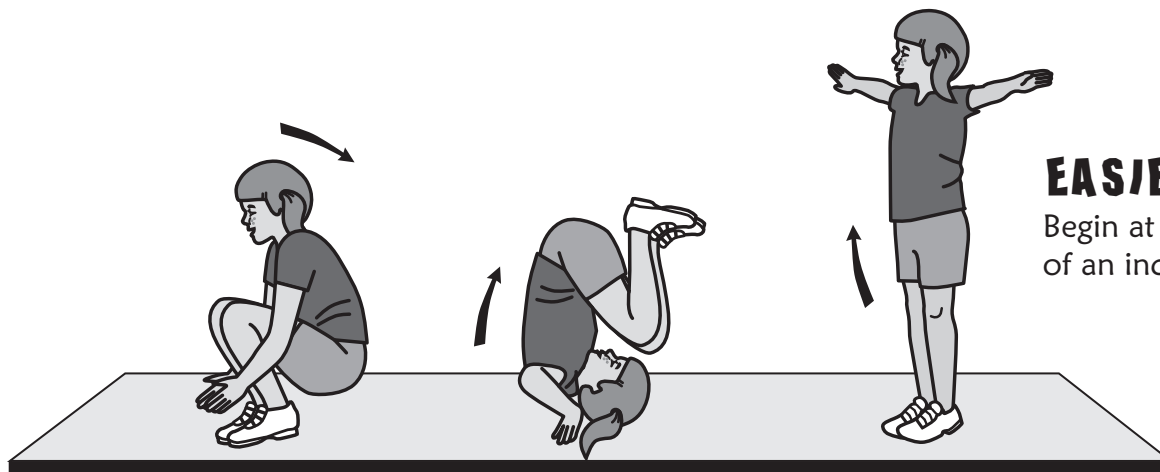
Squat and place your hands on the mat; shoulder width apart. Tuck your chin to chest. Lift hips and roll along the line of your spine. Land back on your feet in tuck position. Stand and hold in T-stand.

WEIGHT TRANSFER

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BACKWARD ROLL



EASIER

Begin at the top of an incline mat.

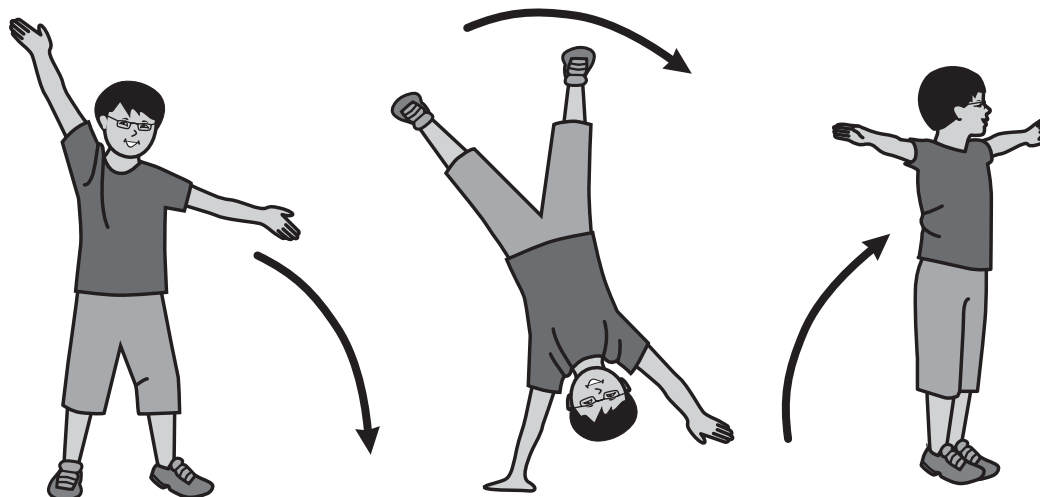
Squat with your back facing mat. Place hands by ears, thumbs nearest head, palms up. Tuck chin to chest. Lift hips and roll back. Push palms against mat to clear way for head. Land back on feet in tuck position. Stand and hold in T-stand.

WEIGHT TRANSFER

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CARTWHEEL



EASIER

Place hands on a raised platform (e.g. folded mat) and kick feet over.

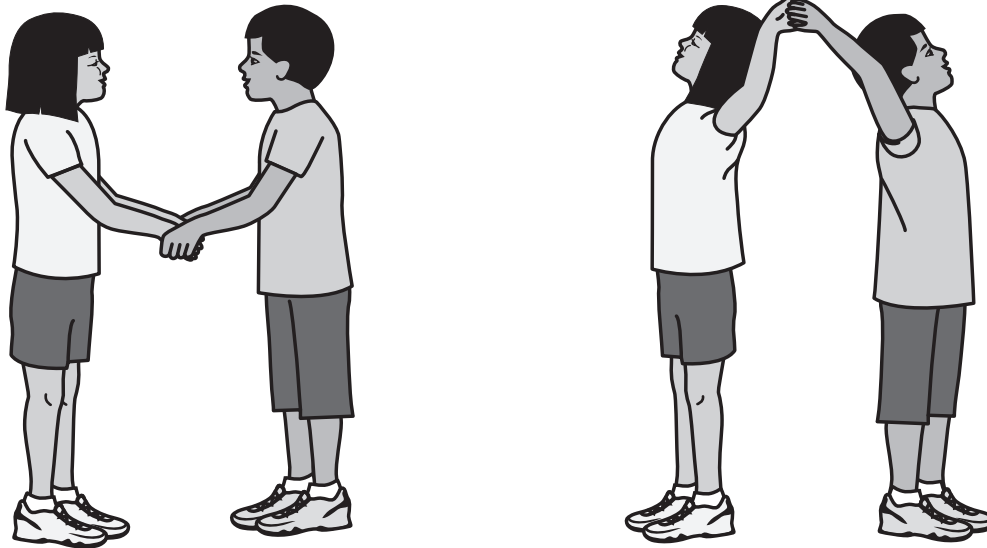
Stand with dominant side to mat. Place dominant hand on mat. Place other hand on mat. Keep eyes on hands. Kick legs so hips move over head. Land 1 foot then the other. T-stand.

WEIGHT TRANSFER

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WRING THE DISHRAG



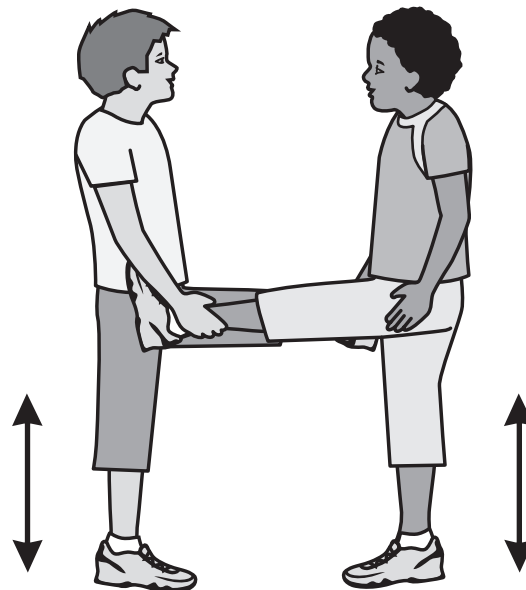
Stand facing partner. Join hands with partner. Keep hands joined, both turn to side and around until back-to-back. Continue around until back at start.

PARTNER TRICKS

STUNTS & TUMBLING



PARTNER HOPPING



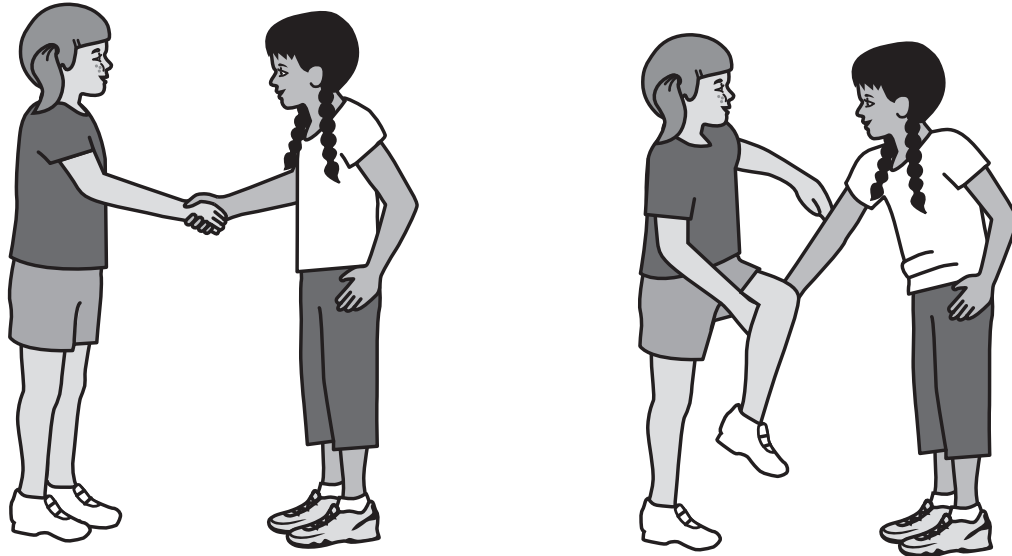
Stand facing each other. Both lift L leg and grab partner's L leg with R hand. Join L hands. Hop together in a circle.

PARTNER TRICKS

STUNTS & TUMBLING



TWISTER



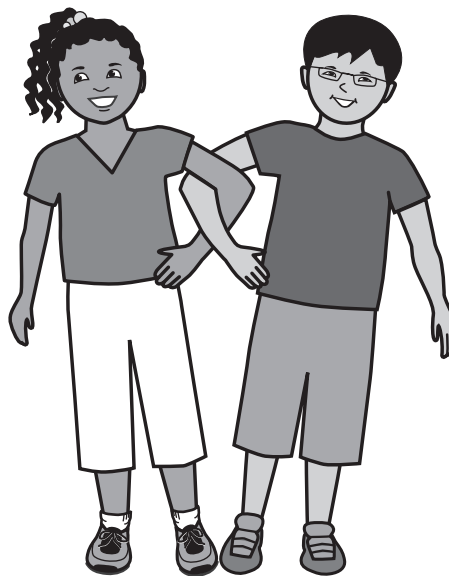
Stand facing partner. Join R hands. 1 partner lifts L leg over joined hands. Follow with R leg. Partner follows same moves until both are back at start.

PARTNER TRICKS

STUNTS & TUMBLING



PARTNER FAN



EASIER

Do it on your knees.

HARDER

Hold hands.

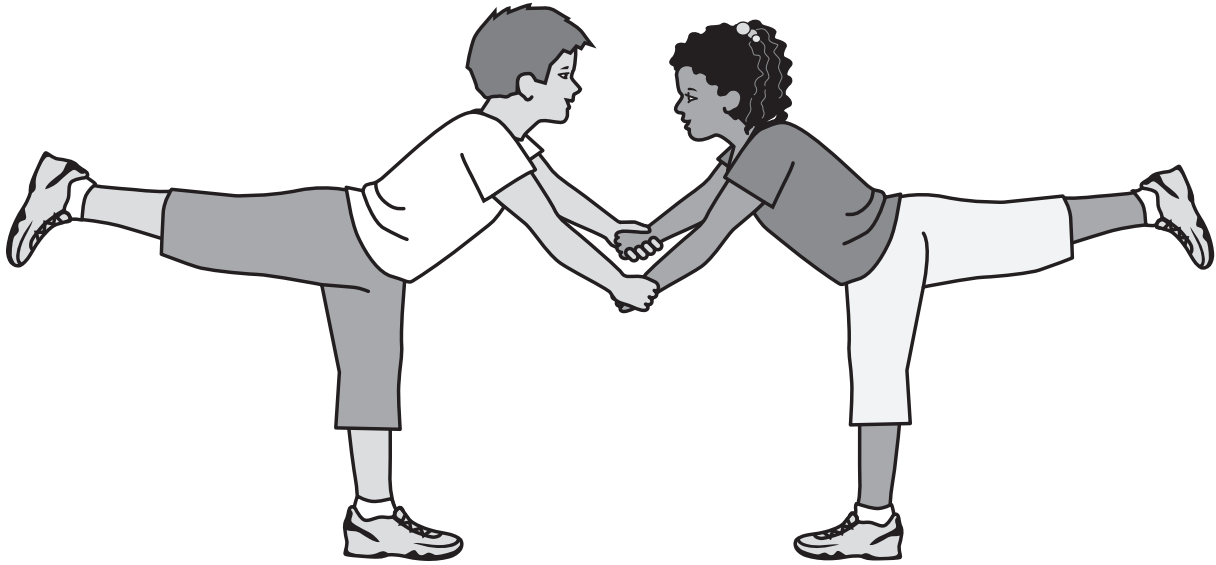
Stand shoulder-to-shoulder, feet touching, facing same direction. Hook elbows. Lean away from each other at same time. Hold for count of 5.

PARTNER TRICKS

STUNTS & TUMBLING



DOUBLE SCALE



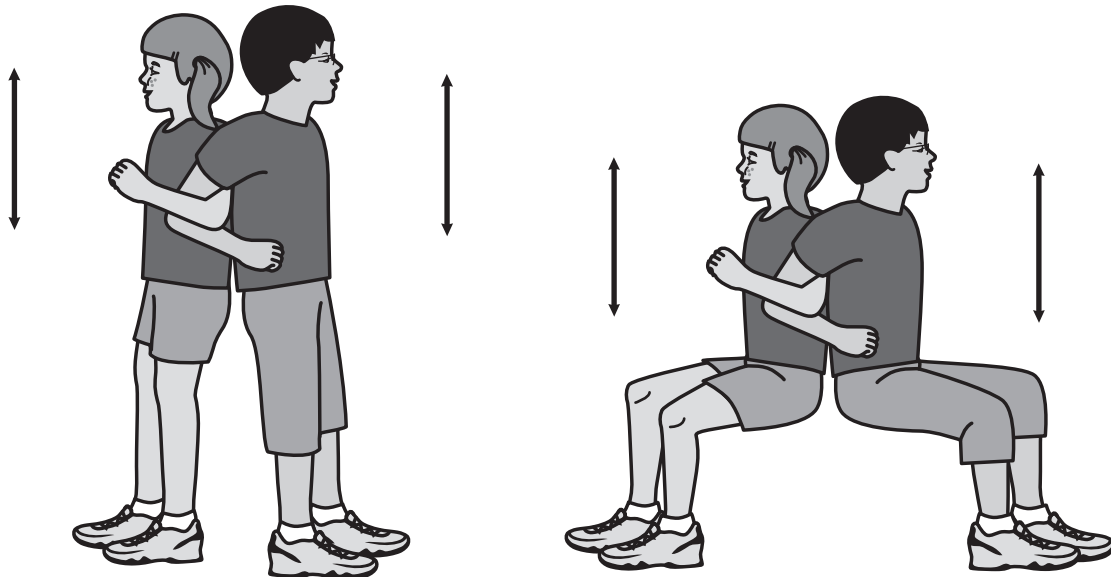
Stand facing partner. Both do a front scale toward each other. Hold each other's hands, arms outstretched. Hold for count of 5.

PARTNER TRICKS

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BACK-TO-BACK STAND



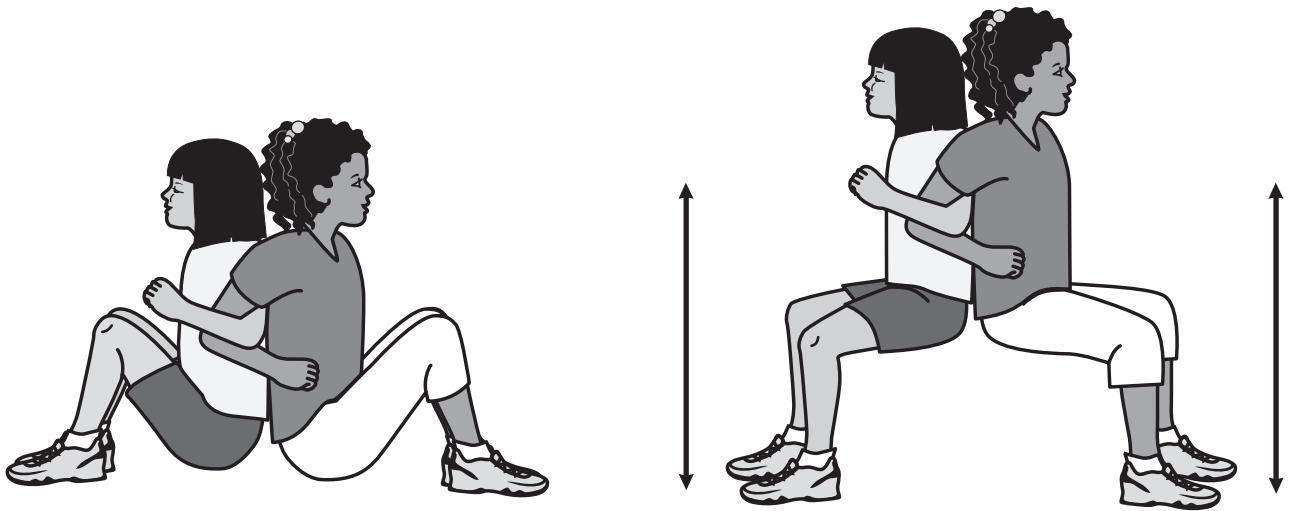
Stand with backs together. Press against each other and lower until knees are bent 90°. Hold for count of 5.

PARTNER TRICKS

STUNTS & TUMBLING

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BACK-TO-BACK GET-UP



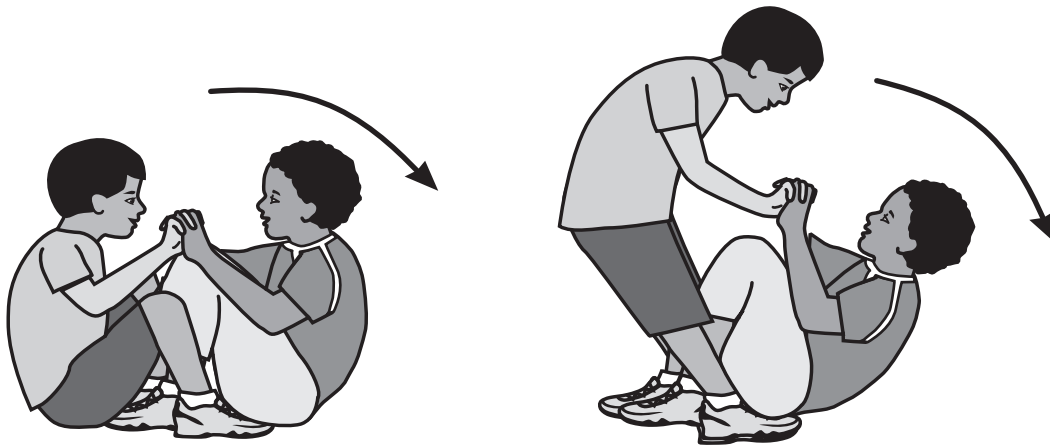
Sit with backs together. Hook elbows. Press against each other and raise until standing. Slowly return to sitting.

PARTNER TRICKS

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SEE SAW



HARDER

Extend legs on return to floor and scoot down the floor.

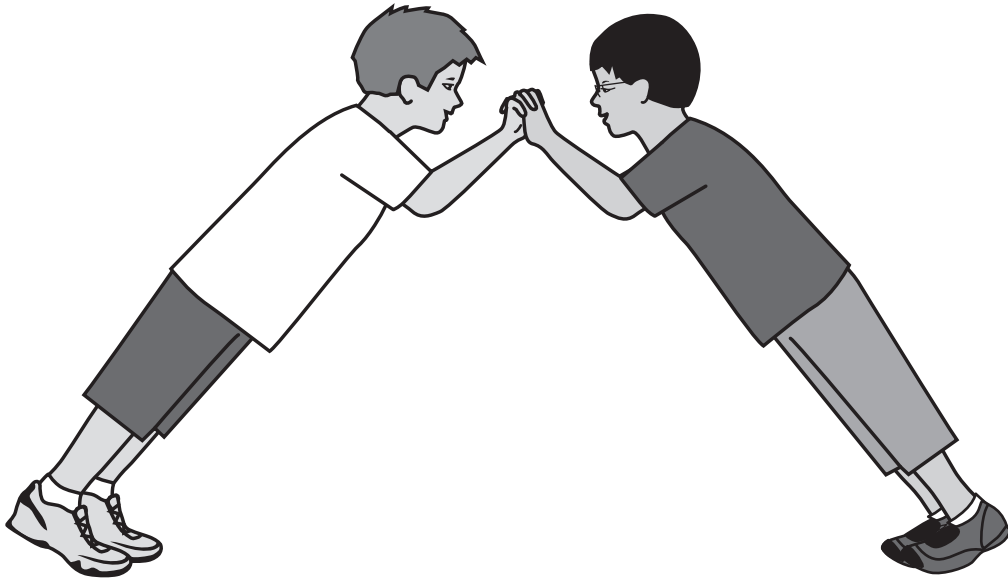
Sit facing partner, knees bent, feet under partner's bottom. Join hands. 1 partner leans back and pulls other so bottom is off floor and legs are straight. Reverse direction with other partner.

PARTNER TRICKS

STUNTS & TUMBLING

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PARTNER PUSH-UP



Stand facing partner. Lean toward each other with arms outstretched in front. Catch partner on your hands. Press together like you are doing a push-up. Hold for count of 5.

PARTNER TRICKS

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PIGGYBACK



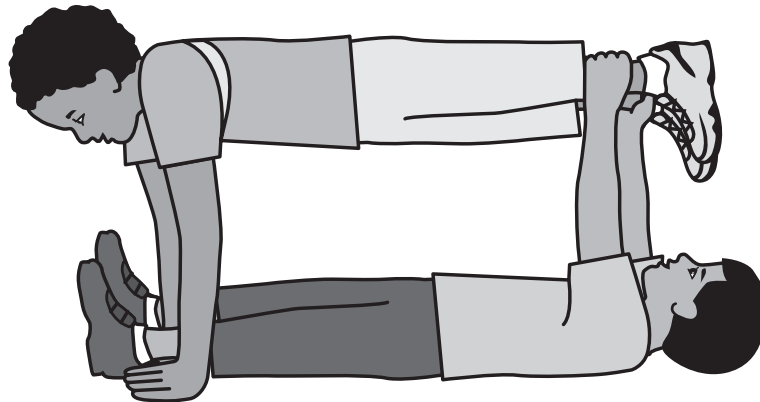
Base partner get on hands and knees. Keep back flat. Top partner place hands on base's shoulder blades and knees on hips.

PARTNER TRICKS

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PARTNER LEG PUSH-UP



Base partner lies supine. Top partner places hands on either side of base's ankles. Place 1 foot, then the other in base's hands. Base presses up to straight arms.

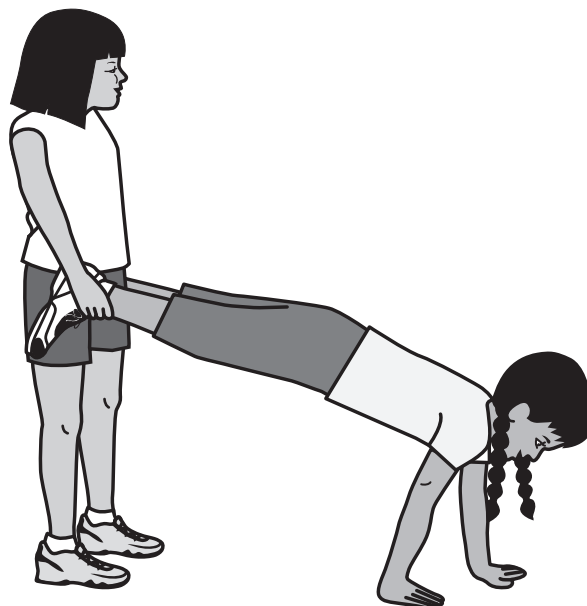
PARTNER TRICKS

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WHEELBARROW



Base partner in push-up position. Top partner grabs 1 ankle then the other of base. Base walks using hands, top follows carrying legs.

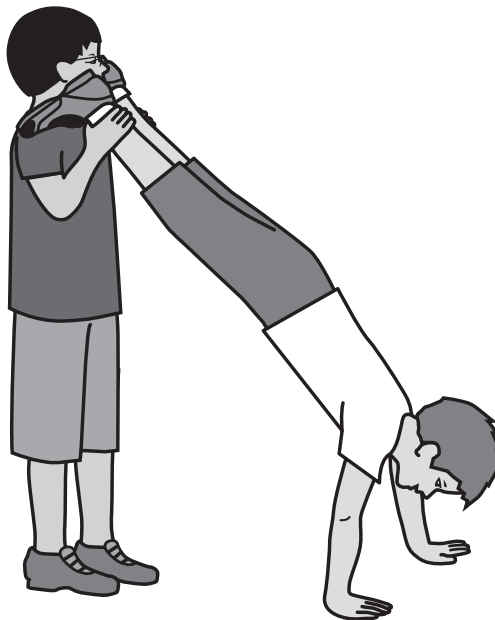
PARTNER TRICKS

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SHOULDER WHEELBARROW



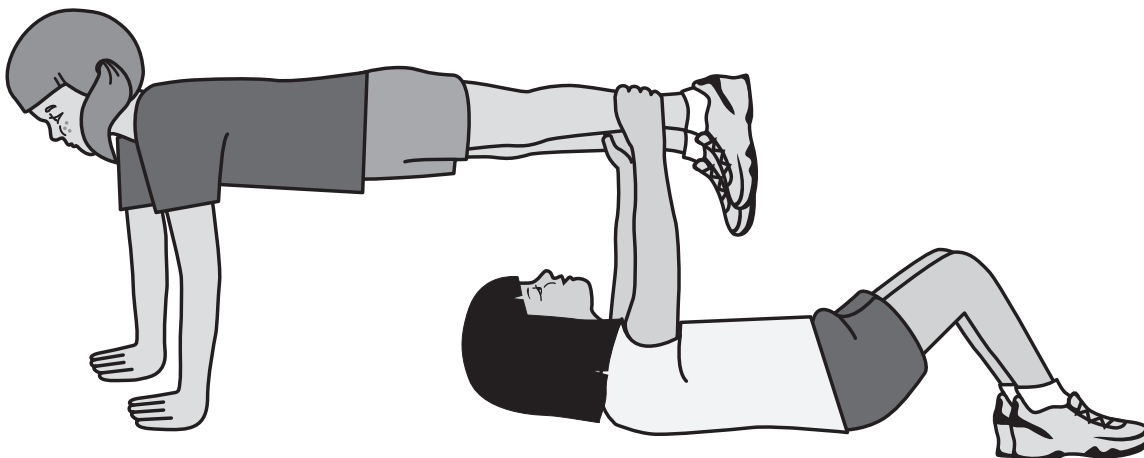
Base partner in push-up position. Top partner grabs 1 ankle then the other of base and places on shoulders. Hold for count of 5.

PARTNER TRICKS

STUNTS & TUMBLING

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REVERSE WHEELBARROW



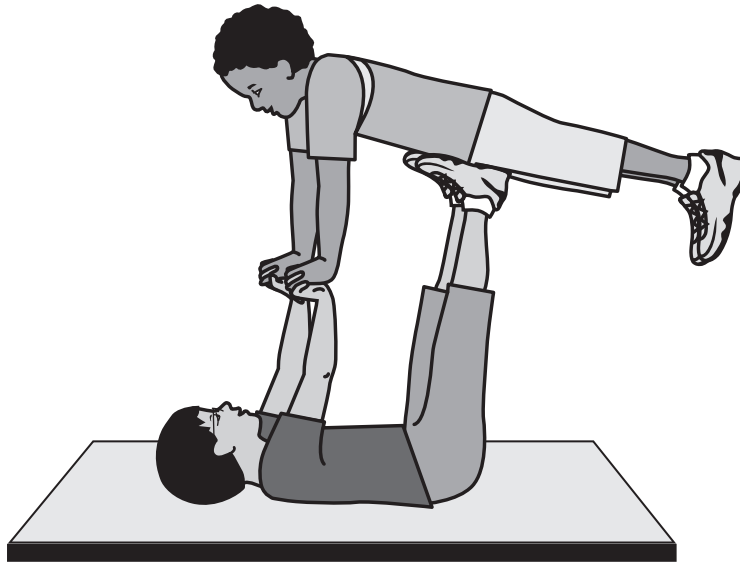
Base partner lies supine, knees bent. Top partner in push-up position. Place 1 foot then the other in base's hands. Base extends arms to straight up.

PARTNER TRICKS

STUNTS & TUMBLING

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TABLE



Base partner lies supine, feet in the air. Top stands facing base and close to base's feet. Base places feet on top's hips. Join hands. Base says, "Ready, Go," and, on "Go," straightens legs upward while top pushes off floor and extends horizontally. Hold for count of 5.

PARTNER TRICKS

STUNTS & TUMBLING



HORIZONTAL STAND



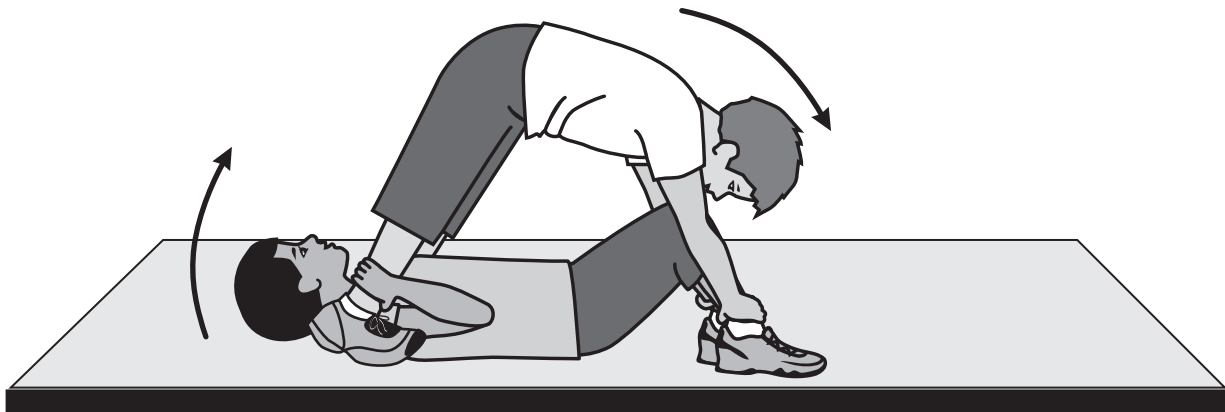
Base partner lies supine, knees bent. Top straddles base with hands on base's knees. Base grabs top's ankles. Base says, "Ready, Go," and, on "Go," base straightens arms up holding top's ankles. Top pushes off and extends body horizontally.

PARTNER TRICKS

STUNTS & TUMBLING



PARTNER FORWARD ROLLS



This one is challenging! Base lies supine, knees bent. Top stands with feet next to base's shoulders, holding ankles of base. Base holds ankles of top. Top partner moves to place back of shoulders on floor between base's feet and rolls forward. Base follows right behind to complete roll as well.

PARTNER TRICKS

STUNTS & TUMBLING



PARTNER TRICKS

STUNTS & TUMBLING

