

Intermediate Tumbling

Name:		<i>Needs work</i>	<i>Improved</i>	<i>Good</i>
	Forward roll, rebound			
	Forward roll, piked			
	Backward roll, piked			
	Handstand			
	Handstand fall to bridge			
	Bridge on floor (shoulders on top of wrists)			
	Backbend, kickover			
	Back walkover			
	Back handspring on wedge			
	Back handspring on floor			
	Cartwheel, round off arms			
	Opposite side cartwheel			
	One arm cartwheel			
	Standing roundoff, proper arms			

All skills need to be learned to move up to next level