

Answer the following questions by highlighting the appropriate answer in the text or provide the answer as directed.

Tumbling

Physical Education

Traveling, Static Balance & Rotation

SKILL THEMES

- What are the three different skill themes?
 - _____
 - _____
 - _____
- Give an example of a sequence that flows from a traveling skill to a static balance and then a rotation skill.
 - _____
 - _____
 - _____
- Draw a stick figure that is in an asymmetrical position.
- Provide an example of two skills that flow together that would demonstrate a change in effort
 - _____
 - _____
- Identify a skill for each of the following elements:

_____ Body: Round

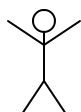
_____ Space: Personal

_____ Effort: Difficult

_____ Relationships: Apart
- Circle the figure that will spin faster.



Forward Roll



Cartwheel

There are **three** different **skill themes** in tumbling: **Rotation, Static Balance, and Traveling**. Each of these skill themes are important in creating a routine. Combining skills from each of the three skill themes allows one to create a routine or a sequence of skills that flow from one to another and demonstrate coordinated movement and control of the body.

	Traveling	Static Balance	Rotation
Characteristics	Weight Transfer Flight	Symmetrical Asymmetrical Upright Inverted Moments of Stillness Tightness of Body	Horizontal Rotation Vertical Rotation Transverse Rotation
Principles	Base of Support Center of Gravity Dynamic Balance	Base of Support Center of Gravity Counter Balance Counter Tension	Spinning Radius Center of Gravity Axis of Rotation
Types	Walking Running Chasse (Galloping) Skipping Leaping Jumping (Tuck, Straddle, Pike)	Scale (Front, Side, Back) Table Top Tip-up or Frog Bridge or Back bend Tripod Headstand	Forward Roll Backward Roll Donkey Kick Handstand Pinwheel Cartwheel Round off

A routine or movement sequence should demonstrate the following elements of movement:

- moving his/her body in different ways by creating different shapes with the body (**BODY**)
- moving through space by changing levels, directions, and planes of movement (**SPACE**)
- changing the amount of effort though time, force, or flow (**EFFORT**) and
- changing the relationships with body parts, rhythm, patterns (**RELATIONSHIPS**)

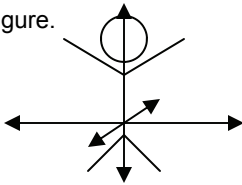
Body	Space	Effort	Relationships
Shapes: Small/Large Straight/Angular/ Round Symmetrical/ Asymmetrical Wide/Narrow Positions: Kneeling Lying Sitting Standing Upright/Inverted	Directions: Forward/Backward Left/Right Up/Down Vertical/Horizontal Area: General Space Personal Space Pathways/Patterns: Curved Straight Zigzag Extensions/Levels: High Medium Low Planes: Horizontal Vertical/Longitudinal	Flow: Even/Uneven (Walking/Galloping) Free/Bound Smooth/Rough Flowing/Irregular Time: Fast/Slow Accelerating/ Decelerating Force: Heavy/Light Easy/Difficult	Above/Below Around/Over Beside/Across High/Low Horizontal/Vertical Into/Out of Meeting/Parting On/Off Open/Closed Over/Under Parallel/Perpendicular Together/Apart Top/Bottom Toward/Away From

Answer the following questions by highlighting the appropriate answer in the text or provide the answer as directed.

CHARACTERISTICS, PRINCIPLES AND TYPES OF TRAVELING, STATIC BALANCE & ROTATION

- Draw a stick figure of a Table Top.
- Circle the Base of Support.
- Place a * where the Center of Gravity is.

- Label the different Axis of Rotation on the figure.



- Provide an example of a skill that transfers weight from feet to hands.

- Circle the upright balance skill and place a triangle around the inverted balance skill.

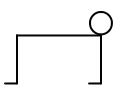


Table Top



Tripod

- Identify what type of rotation the following skills are.

_____ Cartwheel

_____ Handstand

_____ Forward Roll

- What is the base of support for a handstand?

- Draw the shape that the base of support makes for a tripod.

- Draw a star where the center of gravity is located in the shape above.

CHARACTERISTICS

Weight Transfer occurs when the weight of the body is transferred from one body part to another. Transfer of weight can be done in many different ways:

- Hands to Feet, Feet to Hands, Feet and Hands to Head and Hands
- Rolling, Twisting, Sliding

Flight occurs when a student travels through the air. There are three distinct phases of flight: 1. Take-off, 2. Suspension or travel through the air, and 3. Landing.

Symmetrical is when both the left and right sides of the body are the same.

Asymmetrical is when the left or right side of the body is different than the other.

Upright is when the head is above or level with the Center of Gravity or the hips.

Inverted is when the head is below the Center of Gravity or the hips.

Moments of Stillness is when the body is not moving and the student is demonstrating control of the body by holding a position.

Tightness of Body is a result of feeling the tension/contraction of muscles to create moments of stillness

Horizontal (Transverse) Rotation is when the axis of rotation goes through the center of gravity by traveling through the hips left to right or side to side.

Vertical (Longitudinal) Rotation is when the axis of rotation goes through the center of gravity from the head to the feet.

Medial Rotation is when the axis of rotation goes through the center of gravity by traveling through the front of the hips to the back of the hips.

PRINCIPLES

Axis of Rotation is an imaginary line that travels through the center of gravity that the body can rotate around. There are three different axis of rotation: horizontal, vertical and transverse.

Base of Support (BOS) determines how stable a skill will be. The larger the BOS is the more stable the skill will be. The size of the BOS is determined by how many body parts are touching the ground and how far apart those points of contact are.

Center of Gravity (COG) is center point where most of the mass is located around. A lower COG is more stable than a higher COG.

Counter Balance is when the center of gravity is outside of the base of support, but balance is created by pushing in opposite directions or extending body parts in different directions to create an even distribution of weight around the base of support.

Counter Tension is when a person is able to balance with their COG outside of their base of support by pulling against another force.

Dynamic Balance is the ability to maintain your equilibrium while moving.

Spinning Radius will determine how fast you can spin. The larger the spinning radius the slower the spin. A layout position will spin slower than a tuck position.

TYPES

Traveling		Static Balance		Rotation		
Weight Transfer	Flight	Upright	Inverted	Horizontal/ Transverse	Vertical/ Longitudinal	Medial
Walking Running Chasse Skipping	Leaping Jumping	Scale Table Top	Tip-up Bridge Tripod Headstand	Forward Roll Backward Roll Donkey Kick Handstand	Turns Pirouette Pencil Roll	Pinwheel Cartwheel Round off