Level 1: Handstands
Developing the balance and strength to hold a handstand
Level 2: Cartwheels
Developing locomotion skills to confidently cartwheel on flat ground
Level 3: Roundoff
Progressing from cartwheels to roundoffs, developing power and awareness
Level 4: Walkovers
Backbend to bridge, bridge kickovers, walkovers
Level 5: Flips!
Combination skills – flips flat and air awareness!
Tumbling
More developed tumble skills on an trampoline-style tumbling track
Trampolining
More advanced rotation skills, twisting, jumping and dismounting