

Suggestions for Moving INTO a Cartwheel

- (1) Forward roll walk-out.
- (2) Scissor Jump
- (3) A cartwheel.
- (4) Kneeling with one knee in front of the other.
- (5) Arabesque
- (6) Walkover

EXTENSION CARD - MOVING INTO A CARTWHEEL

CARTWHEEL
SKILL CARD 34

MOVING INTO A CARTWHEEL

(a) (b) (c) (d) (e) (f) (g)

(A) HOW MANY OF THESE WAYS OF MOVING INTO OF A CARTWHEEL CAN YOU PERFORM?

(B) CAN YOU THINK OF ANY OTHER WAYS?

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Suggestions for Moving OUT of a Cartwheel

- (1) Another cartwheel
- (2) Splits
- (3) Arabesque
- (4) Handstand
- (5) Sideways balance
- (6) Backward roll to handstand
- (7) Backward roll to jump.

EXTENSION CARD - MOVING OUT OF A CARTWHEEL

CARTWHEEL
SKILL CARD 35

MOVING OUT OF A CARTWHEEL

(a) (b) (c) (d) (e) (f) (g)

(A) HOW MANY OF THESE WAYS OF MOVING OUT OF A CARTWHEEL CAN YOU PERFORM SMOOTHLY?

(B) CAN YOU THINK OF ANY OTHER WAYS?

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Progressions for the Cartwheel

- (1) Using one hand only
- (2) Several cartwheels in succession.
- (3) Performing along benches or boxes
- (4) Over or from apparatus
- (5) Cartwheel in the other direction.
- (6) Cartwheel "flying" onto and from hands (*preceded by a run and "skip-up running"*).