

# Skill Specific skill camp information

	what we will be working on	Skills already required
Forward roll & Backward roll variations	Forward and backward rolls to stand and straddle. Handstand forward roll, Dive forward roll. Backward roll to handstand	a basic understand of rolling backwards and forwards
Trampette & Vault	Basic shape jumps, squat on jump off, jumping from a platform	a basic understanding of how to use a trampette, can jump on 2 feet and land
Handstand & Cartwheels	Holding a perfect shape handstand. Cartwheel variations; 1 and far handed cartwheel, 2 cartwheels connected, dive cartwheel.	can hold up weight with feet on a wall nose towards the wall. Can kick to handstand
Bridge work	Perfect bridge shape, bridge 1 leg raised, bridge kickover, handstand to bridge, back bends	head off the floor in bridge shape
Vault	squat on jump off, catspring, handstand fall flat, handspring	Can hold handstand for 2 seconds
Trampette	basic jumps, tuck fronts	dive forward roll, high basic jumps from trampette
Tumble-Tuckfronts & Handsprings	Tuck front on tumble progressions, Handspring on tumblers progressions	Tuckfront from trampette, dive roll, handstand to bridge, handstand for at least 2 seconds
Backwards tumbling	Round off, Backflip, tuck back preparation	back bend, bridge kickover, round off, backward roll