Chants for Tumbling

Here are a few suggestions - feel free to make up your own

Tumble

T u m – b l e Its lots of fun for you and me

Split

One leg forward – one leg back Slide to the floor – just like that!

Forward Roll

Backward Roll

Handstand

Lock your elbows, lock your knees Kick your legs high, now really Squeeze!

Bridge

Hands by your ears – lets make them flat Bend your knees – push your tummy up – like that! (hold position)

Cartwheels

First the hands – then the feet Makes the Cartwheels really neat

Using vocals throughout a training session will:

Regulate the breathing pattern Assist with the timing of performing skills Motivate participants