

7th Grade Tumbling & Circus Arts Review Sheet

1. Know all tumbling lead up skills. Be able to identify them.
2. List all circus arts stations and what they develop. (i.e. Luna Stix helps develop hand eye coordination)
3. Know the proper techniques for mastering each circus arts station. (i.e. Feet are spread apart and eyes are looking forward to balance on the balance board.)
4. Know proper body placement for head balances, hand balances and rolls.