Tumbling skill 3: Cartwheel

Description
A cartwheel is a rotation skill taught on floor. It is a lead-up skill for round-off as well as being a versatile and fun skill.

It is recommended that a strong side cartwheel is taught before a step-in cartwheel.

Skill progressions
The pictures below demonstrate some examples of progressions to teach a side cartwheel.

<table>
<thead>
<tr>
<th>Step over a small box or bench, progress to cartwheel</th>
<th>Cartwheel in a circle</th>
<th>Cartwheel through hoops, stretched out</th>
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| Cartwheel downhill – down a board or off a bench. | Using a raised surface, perform a cartwheel over and back | Cartwheel quarter turn in between mats or soft boxes |

Physical preparation
The pictures below demonstrate some examples of physical preparation activities for a side cartwheel.

| Dish hold – arms down | Wheelbarrow walks | Heel extensions on box |
Crab flip to bear walks | Front support walks | Handstand on floor

**Appropriate coaching points**

Key coaching points are:

- Start position with arms at ears
- Step into a lunge, hands in line with feet
- Even weight transfer between feet to hands to feet (1, 2, 3, 4)
- Hips remain over hands in handstand
- 2nd hand slightly turned in (critical for snap down speed and injury prevention)
- For quarter turn step-in – stand up, shoulders to vertical

**Common errors**

- Hands placed across the line of the leg
- Hips close in support or on step down
- Chest out and shoulders close
- Kick does not go over the top of the hands

**Evaluate when ready to move on**

Your participant may be ready to move onwards if:

- They can cartwheel in a straight line.
- Their hand placement is correct.
- The body passes through vertical.
- They can perform the cartwheel in a variety of ways.