



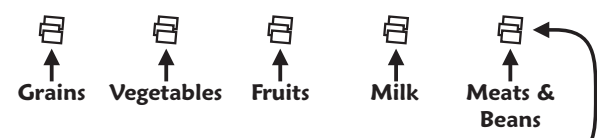
Prep

- 1 mat per 3-4 students (or 1 carpet square per student)
- 16-20 *Stunts and Tumbling Skill Cards* (SPARKFamily.org)



Set

- Select 16-20 *Stunts and Tumbling Skill Cards* that students have already learned and practiced. Divide them into 5 piles called Grains, Vegetables, Fruits, Milk, and Meats/Beans.
- Scatter mats (or combine carpet squares) throughout area.
- Distribute students evenly among mats/squares.



Stunts and Tumbling Skill Card Piles

Teach

1. In the *Stunts and Tumbling Buffet* you will create and perform a mini-routine. Think of a routine as a “meal.” Go to the buffet and select 1 item from each pile, then put them together to form a complete meal. Your meal will consist of 1 grain, 1 vegetable, 1 fruit, 1 milk, and 1 meat/beans.
2. Begin by selecting a skill from the Grains pile (don’t take the card with you since others may want that card), then go back to your mat and practice that skill.
3. When ready, select a skill from the Vegetables pile. Repeat the 1st skill, then add on the 2nd skill.
4. Continue by moving to the Fruits, then the Milk, then the Meats/Beans piles to add on until you reach 5 skills total.
5. Finally, practice the skills until you can perform them smoothly and perform your routine for a friend.
6. **Cues**
 - Explore how you can best transition from one skill to the other. The transition should flow well together (i.e., seem effortless and a part of the movement sequence).
7. **Challenges**
 - Can you switch the order? Does this make the transition(s) easier or harder?
 - Practice your sequence slowly at first. Can you gradually increase the pace?
8. **Think About...**
 - What qualities of movement (direction, pathways, levels, tempos, etc.) contribute to make your routine aesthetically pleasing?

STUNTS AND TUMBLING BUFFET

EXTENSIONS

Partner Buffet

Work with a partner. Create your sequence together utilizing each other's strengths. Once your sequence is mastered, teach it to another pair and vice versa.

Group Buffet

Work in groups of 3-5. Create your sequence together utilizing each other's strengths. Once your sequence is mastered, teach it to another group and vice versa.



WELLNESS INTEGRATION

All-you-can-eat buffets + a lack of exercise = TROUBLE!

However, buffets don't have to be a Caloric disaster. Go for the greens, avoid the fried stuff, and keep the portion sizes small (or at least within the boundaries of normal human consumption). If you do indulge in buffet-bliss, please remember to take a long walk afterwards.



STANDARDS ADDRESSED

NASPE

#1, 2 Individual/partner stunts, tumbling skills, biomechanical principles of rotation and center of gravity

#3, 4 Muscular strength/endurance, flexibility

#5, 6 Value aesthetics, accepting challenges, providing positive feedback to peers

Your State (Write in here)



TEACHING TIPS

- Having students name the skills in order before they attempt the sequence helps them prepare.
- Remind students that quality work means doing their best. Some students will naturally perform skills with better form. A best effort and signs of improvement are the criteria of quality work.
- Move around during the activity to encourage, monitor and provide feedback.

NOTES
