

UNIVERSITY CHEER AIR FORCE  
CORE CLASS CURRICULUM



## MIGHTY MUNCHKINS (3-5)

### Class Description:

- Introductory Class
- Little or No Experience

### Skills Taught:

- Body Positions (Tuck, pike, straddle, hollow body, reverse hollow body (tight arch))
- Forward Rolls (Tuck, pike, straddle)
- Backward Rolls (Tuck)
- Donkey Kicks
- L-Stands
- Handstand
- Backbend (Kick over after mastery)
- Cartwheel
- Round off
- Front Limber after backbend and handstand mastery



UNIVERSITY CHEER

## LEVEL 1A

### Class Description:

- Introductory Class
- Little or No Experience

### Skills Taught:

- Forward Roll (From Tuck Position)
- Backward Roll (From Tuck Position)
- L-Stand
- Handstand (Walks, Block, and Snap Drills)
- Backbend Kick over
- Front Limber
- Cartwheel
- Round off (From standing, 2-step, and Power Hurdle)

### Skill Mastery:

A skill can be considered MASTERD when it can be performed consistently for 1 month, with no prior spots, ten times in a row. Repetitions must be consecutive with proper technique.

### Moving to the next level:

When an athlete is ready to test out of their class they will have to perform ALL required skills with correct technique. They may only test out once they have masters all prerequisite skills

### Skills Tested:

- Forward Roll
- Backward Roll
- Backbend Kick over
- Front Limber
- Handstand Step Down, Cartwheel Step Out, Round off, Rebound

## LEVEL 1B

### Class Description:

- Athletes with basic knowledge of tumbling concepts
- Must have ALL Level 1A prerequisite skills to be placed in Level 1B

### Skills Taught:

- Front Walkovers
- Back Walkovers
- Dive Forward Rolls
- Backward Roll to Handstand
- Standing Back handspring (BHS)
- Round off /Power hurdle / 2 step BHS
- Handstand forward roll, Handstand block
- Running & Standing BHS combination skills

### Skill Mastery:

A skill can be considered mastered when it can be performed consistently for 1 month, with no prior spots, ten times in a row. Repetitions must be consecutive with proper technique.

### Moving to the next level:

When an athlete is ready to test out of their class they will have to perform ALL required skills with correct technique. They may only test out once they have masters all prerequisite skills

### Skills Tested:

- Back Walkover step together, BHS rebound
- Front Walkover, Round off, BHS rebound
- Dive Forward Roll
- Backward Roll push to handstand

## LEVEL 2

### Class Description:

- Athletes with intermediate knowledge of tumbling concepts
- Must have ALL Level 1B prerequisite skills to be placed in Level 2

### Skills Taught:

- 2 step hurdle punch dive roll
- Front Handspring
- Round off BHS series
- Standing BHS series
- BHS step out (running & standing)

### Skill Mastery:

A skill can be considered mastered when it can be performed consistently for 1 month, with no prior spots, ten times in a row. Repetitions must be consecutive with proper technique.

### Moving to the next level:

When an athlete is ready to test out of their class they will have to perform ALL required skills with correct technique. They may only test out once they have masters all prerequisite skills

### Skills Tested:

- Dive Roll step out, Round off BHS step out, Front walkover, Round off BHSx2 (can be done from Power hurdle or 2 step hurdle)
- Standing BHSx2, Step out, Round off BHSx4

## LEVEL 3

### Class Description:

- Athletes with intermediate knowledge of tumbling concepts
- Must have ALL Level 2 prerequisite skills to be placed in Level 3

### Skills Taught:

- Round off BHS Back Tuck (From running, 2-step, and Power Hurdle)
- Front Handspring Rebound Dive Rolls
- Front Tuck (From running, and 2-step)
- Aerial (chasse)
- Running Series & combination to Back Tuck
- BHS step out, Round off, BHS Back Tuck
- Standing BHS series to Back Tuck (only after running tuck mastered)

### Skill Mastery:

A skill can be considered mastered when it can be performed consistently for 1 month, with no prior spots, ten times in a row. Repetitions must be consecutive with proper technique.

### Moving to the next level:

When an athlete is ready to test out of their class they will have to perform ALL required skills with correct technique. They may only test out once they have masters all prerequisite skills

### Skills Tested:

- Any Level 2 combination through to Back Tuck
- 2 step aerial chasse, Round off BHS, Back Tuck
- 2 step Front Tuck, Power Hurdle, Round off BHS, Back Tuck

## LEVEL 4/5

### Class Description:

- Athletes with advance knowledge of tumbling concepts
- Must have ALL Level 3 prerequisite skills to be placed in Level 4/5

### Skills Taught:

- Round off BHS Layout (From Power Hurdle, 2 step, Running)
- Standing BHS series to Layout
- Front Tuck step out Round off BHS Layout
- Round off BHS Back tuck BHS Layout
- Standing Back tuck
- Round off BHS Full Twisting Layout (From Power Hurdle, 2 step, Running)
- Standing BHS series to Full Twisting Layout
- Bounding
- Front Twisting
- Arabians
- Elite Twisting (Double, 1 ½ , ½ Step out, Etc.)

### Skill Mastery:

A skill can be considered mastered when it can be performed consistently for 1 month, with no prior spots, ten times in a row. Repetitions must be consecutive with proper technique.

UNIVERSITY CHEER