

# LEVEL A/B

Weeks 1 & 2



## Vault

Each pass should be done at least twice but do more if they need more practice

3 bounce squat on

Run, punch, squat on (one jump)

Run, straight jump, to forward roll on small vault

### Return stations

- 5 stationary squat jumps
- 3 bounce forward roll down cheese
- 10 jump ropes

## Bars

### Warm-up

2x5 ab rollers

2x10 sec plank hold

### Circuit- 2 kids per station

- Cast to forward roll dismount
- Lay on floor, bring toes over and drop bean bag in hoop
- Straddle swing
- Windshield wipers over barrel

## Rotation

### Beam

#### 2 kids per station

- Forward/backward/flamingo walk down beam, tuck/straddle jump dismount
- Arabesque hold while throwing ball to partner
- Bunny hops over dot
- Lever to T or L

## Line

### Floor

#### Everybody stand on the line facing you

Lever to T

Lever to L

Lever hop

Forward straddle roll sitting straddle position

Forward roll to stand

Candle stick stand up (arms by ears)

Cartwheel

Pivot turn

½ turn

Stationary jumps

