

LEVEL A/B

Weeks 3 & 4



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

Inverted push-ups

Mat push to end of floor

Bars

Warm-up

Hanging competition

Circuit- 2 kids per station

- Cast and kick the french fry in back
- Pike pull ups
- Monkey bar swing
- Jump to front support and shimmy to other end of bar

Line

Beam

Everybody stand on the beam facing you

- Lunge position
- Step, lock, pivot turn
- Arabesque hold
- Straight jump/ bunny hop
- Lever to T or L

Rotation

Floor

2 kids per station

- Cheese- Backwards rolls
- Velcro line- Hands on floor hop both feet over (cartwheel progression)
- Panel mat- Lever hop/handstand
- Puzzle piece- Push-up position high fives

