

# LEVEL C/D

Weeks 1 & 2



## Vault

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

Run, punch, straight jump

Run, punch, dive roll

3 bounce to handstand

Spotted handstand flatback

Return stations

5 stationary squat jumps

Handstand walks

10 jump ropes

## Bars

Warm-up

2x5 ab rollers

2x10 sec plank hold

Circuit- 2 kids per station

- Windshield wipers over barrel
- Spotted cast (hold in push-up position)
- Pullover 3 cast forward roll dismount
- Straddle swing/ shooting star

## Rotation

### Beam

2 kids per station

- Tuck jump and split jumps on beam
- Arabesque hold while throwing ball to partner
- Side handstand dismount (spotted)
- Lever hop or handstand

## Line

### Floor

Everybody stand on the line facing you

Lever hop

Handstand

2 forward straddle rolls

Forward roll to stand

Forward pike roll

Candle stick stand up (arms by ears)

Backward roll

Cartwheel

½ turn

Stationary jumps