



LEVEL C/D

Weeks 1 & 2

Vault

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

High knees with arms out

Single leg hops

Run, punch, straight jump

Run, punch, dive roll

Spotted handstand flatback

Return stations

5 slider in-n-outs

Dive roll on block

Handstand shoulder taps

(can be against wall)

Bars

Warm-up

15 partner sit ups

10 hollow rocks with sand bar

10 arch rocks with sand bar

Circuit- 2 kids per station

- 1 cast to monkey up
- Pullover cast back hip circle
or double back hip circle
- 3 glide swings in a row
- Chin hold in each grip

Rotation

Beam

2 kids per station

- Bridge hold or back walkover on floor beam
- Coupe' half turn
- Round-off dismount
- Spotted handstand or cartwheel

Line

Floor

Everybody stand on the line facing you

- Handstand
- Forward pike roll
- Backward roll
- Double cartwheel
- ½ turn
- Back bend or backbend kickover
- Leaps

