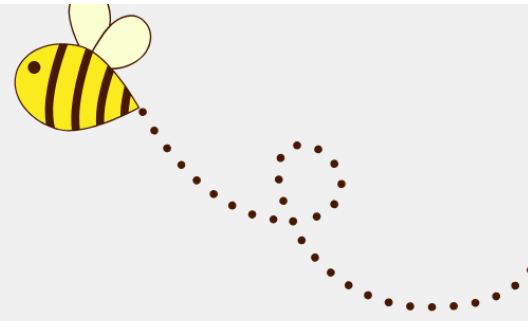


# LEVEL C/D



## Weeks 1 & 2

### Vault

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

Frog jumps

5 high knees into sprint

Run, punch, straight jump

Dive roll

#### Return stations

Straddle press hold on purple ninja block

Kick to handstand, fall flat

### Bars

#### Warm-up

2x5 Stall bar leg lifts

2x3 Stall bar L hold for 5 sec

#### Stations- 2 kids per station

Stem rise to cast (can do it on 1 foot)

Pullover, cast, back hip circle (spotted)

Glide swing

Sloth pull ups

### Rotation

### Beam

#### 2 kids per station

- Tuck jump and split jumps on beam
- Turn prep walks
- 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

