

LEVEL A/B



Weeks 3 & 4

Vault

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

Run, punch, straight jump up to 1 trapezoid

Run, punch, squat on (one jump)

Run, straight jump, to forward roll

Return stations

Frog jumps

Arm circle jump to dot and freeze

Dive roll down cheese

Bars

Warm-up

2x10 slider in-n-outs

Circuit- 2 kids per station

- Cast away land on dot
- Walk toes to top of spotting block with chin on bar
- 3 swing let go land on feet in back
- Bar dips

Line

Beam

Everybody stand on 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- Forward roll
- Velcro line- Lever hop (hands go over line)
- Panel mat- Jump feet up to panel mat and down onto the other side (cartwheel)
- Puzzle piece- Partner sit ups

