LEVEL A/B

Weeks 1 & 2

Vault

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

5 high knees into sprint

Run, punch, straight jump onto floor

3 bounce squat on

Run, punch, squat on (one jump)

Run, straight jump, to forward roll on small vault

Return stations

Straddle press hold on purple ninja block

Handstand walks around mushroom (feet up on mat hands on floor)

Single leg hops over puzzle pieces

Bars

Warm-up

2x3 Stall bar leg lifts

2x3 Stall bar L hold for 3 sec

Circuit- 2 kids per station

Spotted pullovers

3 cast with bean bag

Glide swing knock over foam roller

Sloth pull ups

Rotation

Beam

2 kids per station

- Forward/backward/flamingo walk down beam, tuck/straddle jump dismount
- Crawl on beam (hands and knees or bear crawl)
- Jump dismount
- Lever to T or L

Line

Floor

Everybody stand on the line facing you

Lever to T

Lever to L

Lever hop

Forward roll to stand

Candle stick stand up (arms by ears)

Cartwheel

Pivot turn

½ turn

Stationary jumps