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