LEVEL C/D

Weeks 3 & 4

Vault

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

Long jumps

Run, straight jump

Dive roll

Handstand flat back

Return stations

Frog jumps

Handstand walks up hand mat

Bars

Warm-up

2x15 slider in-n-outs

Circuit- 2 kids per station

Spotted front hip circle

Cast with something between feet

Tap swing (let go in back swing)

Bar dips

Line Beam

Everybody stand on beam facing you

- Straight jumps
- Tuck jumps
- Arabesque to scale
- Lever/lever hop/ handstand
- Goofy leg lever
- Turn prep
- ½ turns

Rotation Floor

2 kids per station

- Cheese- Backwards rolls (pike or to push-up)
- Velcro line- Handstand (lever over line)
- Panel mat-Round-off (hands on end of mat, feet land on floor)
- Puzzle piece- Partner sit ups