

LEVEL C/D

Weeks 3 & 4



Vault

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

Run, punch, straight jump
Run, punch, dive roll
3 bounce to handstand
Spotted handstand flatback

Return stations

Inverted push-ups
Mat push to end of floor

Bars

Warm-up

Hanging competition

Circuit- 2 kids per station

- 5 cast in a row (straight arms)
- Tap swing $\frac{1}{2}$ dismount in front
- Pull over with beanbag
- Pike pull ups

Line

Beam

Everybody stand on the beam facing you

- Straight jumps
- Tuck jumps
- Arabesque to scale
- Lever/lever hop/ handstand
- Goofy leg lever
- Turn prep
- $\frac{1}{2}$ turns

Rotation

Floor

2 kids per station

- Cheese- Backbend up cheese
(Spotted back handspring level D)
- Velcro line- Leap over line
- Panel mat-Handstand to bridge
(can try to stand up)
- Puzzle piece- Push-up position
high fives

