



LEVEL A/B

Weeks 1 & 2

Vault

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

High knees with arms out

Single leg hops

Run, punch, squat-on

Run, punch, straight jump

Run, punch, straight jump then forward roll

Return stations

5 slider in-n-outs

Lever hop with domino

Squat on with block

Bars

Warm-up

15 partner sit ups

10 hollow rocks with sand bar

10 arch rocks with sand bar

Circuit- 2 kids per station

Stem rise to 3 casts

Tuck chin hold

2 connected glide swings

Leg lifts (toes to bar)

Rotation

Beam

2 kids per station

- Proper mount (swing 1 leg over to straddle, swing up to knees or frog position)- then walk to end of beam and jump dismount
- Crawl on beam
(hands and knees or bear crawl)
- Side handstand dismount (spotted)
- Lunge with foam ball above head, lever to L dropping ball on beam, come back up to lunge (repeat to pick up ball)

Line

Floor

Everybody stand on the line facing you

- Lever hop
- Double forward straddle roll sitting straddle position
- Forward roll to stand
- Candle stick stand up (arms by ears)
- Cartwheel
- Pivot turn
- ½ turn
- Backwards roll

