



# 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

