

SPRING & FALL WARM UP		
3 x 5 minute skill circuits - use the tumble track group as the timer for all other circuits		
Tumbl Trak 5 laps	Black Floor Continuous circuit	Floor Complete activity twice before moving
Jump & Spring Be ready for turn	Controlled landings	Falls: tuck & roll / splat flat Absorb falls over time and body parts
<p>1. Run to touch blue wall</p> <p>2. Natural jumps - <i>good height, natural arm swing</i></p> <p>3. Tuck jump, power jump - <i>big push for max height in power jump, less push for tuck</i></p> <p>4. Straight jump, full turn jump - <i>complete one full turn in each direction at every column</i></p> <p>5. Sad cat, front support bounces - <i>aim to swap at 3 of each bounce</i></p>	<p>Rainbow air track: Sideways springing - <i>4 jumps each direction, hands on hips <u>LAND & HOLD</u> off track</i></p>	<p>Coaches helper: Bear walk, <u>spiderman roll</u> <i>Hold spiderman pose for 2 sec</i></p>
	<p>Plyo box (2): Broad jump, box jump, <i>use 1, 2 rhythm</i> <i>* No landing off box</i></p>	<p>Board & foamie: Run, jump to foamie, spring to edge, half turn jump dismount, <u>back safety roll</u> <i>Hands beside bottom on floor, roll and place arms overhead</i></p>
	<p>Blue BOSU (2): Step to two feet BACKWARDS punch jump on BOSU (<u>STICK</u>)</p>	<p>Partner reach: Stand tall with back to partner, reach overhead to touch partner's hands (as per handspring exit), <u>prone fall to 10cm mat</u> - <i>arms travel overhead then reach forward to absorb fall, turn head to side *change direction of head on next turn</i></p> <p>Crashmat: Fall or jump to back 'splat' fall: <i>Arms spread, palms to mat, legs in star - press all body parts to mat</i></p>
Stretch Options (5-10 mins)		
<p>Wrist circles, shoulder circles Side stretches (snap to star & 'circle') Frog squat, straddle V hold (return to squat) Side lunge, long leg lunge, teepee, sumo x 2 (sit and return in side lunge for 2nd round) Pancake slide outs x 3 (reach further each round) <u>OR</u> Sweeping straddle circles x 1 each side (Finish in strong arch) Side split challenges (4): 1 - Rock & push, 2 - High leg straddle sit & push, 3 - Sit & push, 4 - Slide (hold splits for 3 seconds each time and return to sit slowly and with control) ** On final challenge round, return to sit and then 'measure' sitting side split range on a line **</p>		
Active flex (5-10 mins)		
<p>Lying propped on elbows: 3 x kick to ear on each leg Lying flat, one leg bent: 3 x kick on each leg Lying flat, strong 'T' shape: Lift leg to 12 o'clock, then point, flex, point and kick (down, up, down) Lying flat, strong 'T' shape: 3 x fast kicks (past 12 o'clock) Lie on side, one leg bent, elbow propped: 3 x bent leg, straight leg kicks Kneel on all fours: 3 x knee to chest, push to straight leg high, touch toe to floor, kick backward, return toe to floor (STOP with toe on floor between each set) Standing, point toe front: Step kick x 2, finish in rocket Step kick x 2, straight jump Step kick x 2, split jump (complete multiple times - Big, Bigger, Biggest)</p>		

CORE CRUSH WARM UP

Learning objective: Why is core strength important? *It helps us stand tall and strong and keeps our body feeling stable and balanced. It links our upper and lower body.*
 What are abs? *Abdominal muscles cover the front of your body, protecting your organs on the inside*
 What other muscles make up our core? *Muscles in our back and our glutes!* What is tension? *Muscles working together to hold a solid, fixed position.*

FIRST: Stations (10 mins) 20-40 seconds on, 10-15 seconds off - exercise with control, not speed	SECOND: Super dish challenge (2 mins) Keep it moving
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1	Ball pick up sit ups <i>Sit up with no weight, then move 3kg ball from one side to other</i>	Tuck sit, lower to bent leg dish hold Lift one arm to ear & return
2	Stick lifts <i>Lie in star on tummy, lift & lower stick up and overhead</i>	Lift other arm to ear & return Arm circle backwards
3	Open tuck rock, jump to front support <i>Jump in to tuck & repeat</i>	Double arm lift to ears Stretch out opposite arm and leg
4	Medicine ball frog sit ups (3kg) <i>Feet apart, sit up & lift medicine ball under chin then overhead</i>	Stretch out other arm and leg SUPER DISH
5	Battle rope waves <i>Use two hands</i>	Tuck sit <i>Gauge the strength of your group & return to tuck sit when rest is needed - push out the rest with each attempt. Push for a long super dish at the end, or go for a second set once your group gets stronger!</i>
6	Mountain Climber with twist <i>Toe touch each side - slow and controlled</i>	

Stretch (10 mins)

Happy cat, sad cat x 2 (jump to tuck)
 Pike, jumps hands out, peddle (heel touch) x 4, jump hands in, zombie to stand
 Transition to floor (AER style)
 Seated twist, pike stretch with point, flex, point
 Seated twist other side, pike stretch with point, flex, point (roll over to front support)
 Long leg lunge, teepee, long leg lunge with elbow resting on front foot
 Switch to pigeon pose, slide to splits, finish in pigeon pose (push up to front support)
 Long leg lunge other leg, teepee, long leg lunge with elbow resting on front foot
 Switch to pigeon pose, slide to splits, finish in pigeon pose
 Butterfly / yoga stretch, turn to side for seal stretch, child pose
 Body wave backwards - stop at top, then reverse back to child pose
 Stretchy cat, seal, tall cat
 Jump hands in, zombie to stand

Bridges (5-10 mins)

From lying flat: push to rainbow bridge, 3 rocks to straight knees (*hands & feet still throughout*)
 Pike rocks, toes overhead
From frog sit: lift one arm overhead to bridge, 3 second balance on each leg (*leg bent or 12 o'clock*)
 Seated knee twists with shoulder stretch
Alternate final activity each week:
From stand: 3 groups - coach help, bridge to mat/box with no help, bridge to floor with no help.
 Lower to bridge, 2 kicks on one leg (*move kick leg to straight position on floor before kicking*)
From handstand: 3 groups - coach help, bridge to mat/box with no help, bridge to floor with no help.
 Lower to bridge, 2 kicks on one leg (*move kick leg to straight position on floor before kicking*)

FLOOR (FULL ROTATION)

Mini routines (10-15 mins)
Select one skill from each column to create a routine - do it as a team, in pairs or individual
Start: Standing with arms pegged to sides **Finish:** Create your own pose - try some sass & flair!

Skill #1	Skill #2	Skill #3	Skill #4
-Backward body wave -Arm circle to side (twist body to side) -Forward body contraction -Step to side lunge with arm circle, return -Step to kneel with 'bird wings'	-Cartwheel -Full handstand -Dive roll -Handstand forward roll -Backward roll to feet	-Candlestick roll -Side chassé -2 x Step hops -4 x Bottom kicks with turn -Splits	-2-3 Steps, stag leap -Full turn jump -Scissor leap with half turn -Handstand to bridge -Pivot on one foot

Learning walkovers (5-10 mins)
 Teach each gymnast how to work at their own level to succeed & stay safe

Group work

Entry: Stand tall and strong, practise head release
**Check arms stay still or move back slightly - correct the action if arms move forwards*
Kick: Lying down, arms propped on elbows - 3 x kick as per walkover (choose a boss leg!)
 Lying down in glute bridge - 3 x kick as per walkover
**Emphasise that the kicking leg stretches out long and straight, the base leg remains still and strong*
Exit: Half handstand, finish in small strong lunge, arms strong to front

Skill work
 Stay at the level that best suits each individual gymnast. Choose one variation from two different columns and complete two reps of each. Be confident with the first step before moving to the next!

BRIDGE FROM STAND	KICKOVER	WALKOVER	TOP TIPS:
Easier: Coach help Nearly there: No help, hands on mat You've got this: No help, no mat	Easier: From box with coach help Nearly there: No help, feet on box (try different heights) You've got this: No help, no box	Easier: Standing bridge (2 feet), kickover (can step up to box to assist) Nearly there: Walkover with coach help You've got this: No help!	√ Reach hands backwards with head √ Ensure an early head release √ Use a strong, straight base leg/s √ Push tall through handstand phase

Skill combinations (5-10 mins)
 Work as a group - lines or turn at a time

- Half turn pivot on one leg, cartwheel to lunge
- Scissor leap, handstand or handstand forward roll - *coach help or mat OK*
- Backward roll, jump half turn, dive roll
- Step to arabesque, reverse pivot to passé stand, backward roll to front support
- Handstand, turn to side chassé from back leg, cartwheel to star
- From pike sit, backward shoulder roll to kneel, straddle leg circle to stand
- Forward roll V sit (hold 2 sec), step out to cartwheel step in ('snap')

FLOOR (VAULT ROTATION)

Equipment: Red foamie, 2 x board, 1 x eurotramp, 1 x barrel, 2 x crashmat

BASICS (5-10 mins)

3 laps

<p>RUN, JUMP TO FOAMIE</p> <p>Focus on rocket shape - land with arms up by ears</p>	<p>DIVE ROLL FROM EUROTRAMP</p> <p>Short run, jump from eurotramp tramp, dive roll over barrel onto crashmat</p>	<p>HANDSTAND FLATBACK</p> <p>Start standing with feet together. Arm swing from behind, handstand on board to land on mat</p>	<p>COACH SPOT HANDSTAND</p> <p>Aim for 5-10 seconds, lower to front support and test tension</p>
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Skills circuit (10-15 mins)

<p>TOP TIPS:</p> <p>√ Head tilted slightly up on contact with mat so that eyes are on crash mat. Take care not to stick head out.</p> <p>√ Look for a smooth run with the final take off step being well back from the board</p> <p>√ Magnetic finish! Keep every body part pressed into the mat on landing</p>	<p>REBOUNDING ON BOARD x 5</p> <p>Jump with power on board - strong legs, push through toes</p>	<p>EUROTRAMP: FRONT SUPPORT BOUNCES</p> <p>Hands on mini tramp, feet on floor. Bounce on hands.</p>	<p>PRE FLIGHT SHAPING</p> <p>Hips on barrel, hands on foamie or floor. Extend body line to hold strong straight position. Eyes on hands.</p>
	<p>MINI HANDSTAND REACH</p> <p>Start kneeling on mini red foamie, swing both arms toward floor & lift hips toward high vertical. Land in mini handstand - as for vault pre flight - with hands on floor & knees on box</p>	<p>VIDEO FEEDBACK: HANDSPRING FLATBACK</p> <p>Run to board, jump to handspring flatback - 2 crash mats</p> <p><i>* Set up video feedback station</i></p>	<p>WATCH & LEARN</p> <p>Review the video footage of the handspring flatback - look for straight body line, 'bounce' off hands, strong tight finish position</p>

BEAM Z1

Animal walks (3-5 mins)
Try to keep things moving by moving up one beam, then down the next.

Choose 3-5 of the following options:
Bear walk, crab walk (standing), duck walk, giraffe, sloth/possum, flamingo, starfish, bunny hops

Like Skills (10-15 mins)
*Use skill building blocks to help cement learning - complete 1, 2, and 3 in sequence
Start learning these as a group and move to multiple skills at once if gymnast memory permits*

SPLIT LEAP	HANDSTANDS	JUMPS	URNS
1: Step hop with straight leg to front 2: Three hops with straight leg behind 3: 1 step to mini split leap	1: Front support on beam 2: Three ½ handstands with NO hand release 3: Handstand tap together	1: Straight jump 2: 2 x step kick, split jump 3: Punch jump dismount	1: Balance on toes, then lift to single foot relevé for 2 seconds (finish back on toes) 2: Star stand on toes facing side, ¼ turn to flat foot passé (finish on two feet in relevé) 3: Passé half turn (on one foot)

Handstand competition 5-10 mins

Split your group into two teams - gymnasts to come up with a fun team name.

Teams compete to see which team can stick a tap together handstand first - all together on the call of the coach "READY", "AND GO" "HOLD, TWO THREE"

Have gymnasts ready at the ends of each beam (one up and one waiting) for a fast turnaround between rounds

Be clear on the rules before you start:
 1: Feet must tap together to at least 11 o'clock
 2: Stick the landing for count of three

Getting better at it? Set expectations to create a more exact technique - be precise to count for the win!

Cartwheel development 5-10 mins

ROUND OFF DISMOUNT Low High Beam & Crashmat	CARTWHEEL OFF Low Beam	COACH SPOT High beam
Start with hands remaining on beam for landing and progress to small push off once square	Use a panel mat at the end of a low beam to check landing. Land with feet close together (side by side ok). Partner/ coach check for 2 feet, 2 knees, 2 hips, 2 shoulders, 2 hands all square to beam <i>* Encourage a natural cartwheel speed and technique - just like on the floor *</i> Progress to panel mat each side of beam and scatter mat covering	Kick to side star handstand & hold with spotting. Join feet and tuck down with feet together <u>to a box</u> for dismount

BEAM Z2

Strength & Shaping Stations (5-10 mins)
 3 gymnasts per beam - 10 seconds each beam, then move to next
 Encourage and praise for posture, strength & effort - call corrections to extend and sharpen positions

<p>WIDE BEAM</p> <p>Dish hold - knees bent, feet on beam</p>	<p>HIGH BEAM #1</p> <p>Front support - as for beam mount</p> <p><i>Hide knees behind beam</i></p>	<p>HIGH BEAM #2</p> <p>Stand in relevé on two feet</p> <p><i>Arms extended at horizontal, long neck</i></p>	<p>30cm BEAM</p> <p>L press (facing side)</p> <p><i>Can't manage both legs straight yet? Try one straight, one bent.</i></p>
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90 second Leap Challenges (5-10 mins)
 Work as a group - what can your group achieve in 90 seconds?

LEG HOLD CHALLENGE: Start on low beam - spread out on both sides so that everyone fits. Stand with hands on hips and one foot on the beam. On coach "GO" lift leg clear of beam. Who can hold straight and tall of a count of five. Coach selects everyone who stood straight, tall and still to move up to the next height. Repeat across low beam and 30cm beams. Again, select gymnasts to move up a beam for the FINAL round. How many gymnasts made it to the high beam? Did they succeed on the high beam? Can your team beat that score next time? Can you get through both legs next time?

KICK CHALLENGE: 5 kicks on each beam

Wide beam: Stand on floor with hands on beam. Kick one leg backwards (chin to beam), finish each kick standing strong and tall (repeat)

High beams: (one for each leg): Steps & kicks on one leg only (eg. step only on left, kick only on right)

Low or 30cm beam: Place a pit cube on the beam. Stand on floor, arms horizontal and one foot on the beam next to the cube. Lift leg over cube, tap beam and return x 5 each leg

PHOTO "GOLD MEDAL" CHALLENGE: Organise a place for everyone across all beams. On coach "GO" everyone holds a bent leg arabesque - coach takes a photo. Gymnasts vote for the person they think should get a gold medal and explain why.

HOP CHALLENGE: 4 at a time - one on each beam. On coach "GO" gymnasts hop to the end of the beam and hold final landing (single leg balance) at the end for count of five. Award points for anyone who succeeds. Beam with the most points at the end of 90 seconds wins. Try variations: boss leg, funky leg, bent leg, straight leg front, straight leg behind,

Fun Skill Combos & Challenges (10-15 mins)

<p>FORWARD ROLL, BRIDGE</p> <p>Wide beam</p> <p>Forward roll to sit up position (lying down). - control, then push up to bridge</p> <p><i>Progress to kickover</i></p>	<p>PIVOT, HANDSTAND</p> <p>High beam</p> <p>Half turn pivot on one or two feet, step forward to handstand tap together</p>	<p>SCISSOR MOUNT, V SIT</p> <p>High Beam</p> <p>Scissor mount, circle or tuck legs to V sit, step one leg down at a time and push off to scorpion kick (<i>stand tall to land</i>)</p>	<p>THIEF MOUNT</p> <p>30cm BEAM</p> <p>Stand on floor, facing the beam. With two hands on the beam, jump both feet through arms and hold mushroom press for count of 3</p> <p>**Try jumping feet on then lifting bottom first**</p>
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RINGS AND ROPE

Snakes & Ladders (10-20 mins)

Using the snakes and ladders board game made specially for this rotation, work in pairs or small groups to move through the game.

This game will flow best if you do not worry about order of turns. Just complete the activity and return to the board - roll the dice in order of who returns first. Follow the instructions on the board each time you roll - don't forget to slide down the snakes and climb up the ladders.

Sponge Challenges (10-15 mins)

Work with a partner - 1 sponge for each pair

Time stations - when the pair on rings swings has had a turn each, call change

<p>MONKEY BARS</p> <p>Cross the monkey bars with the sponge held between ankles</p>	<p>2 x SWING TO BASKET Small rings</p> <p>2 x swing to basket hang with sponge held between ankles</p>	<p>BACKWARD ROLL Wedge</p> <p>Backward roll to front support or pike with sponge held between ankles</p>
<p>INVERTED TUCK, INVERTED STRAIGHT, BASKET CHIN UP</p> <p>Horizontal monkey bar rail</p> <p>Bat hang (inverted tuck), stretch out legs to vertical (back of legs on bar), basket hang - sponge held between ankles throughout</p>	<p>CHIN UP HANG Ropes</p> <p>Use 2 ropes (one hand on each), lift to chin up - aim for 10 seconds - with sponge held between ankles</p>	<p>SWING x 5 Rings</p> <p>5 x swings with sponge held between ankles</p>

Dorsal Hang Intro (5-10 mins)

Group work - take your time to talk through this skill and give tips

<p>FIRST Floor</p> <p>Sit on the ground and stretch shoulders (shoulder extension)</p> <p><i>Practise pointing toes, test feet together</i></p>	<p>SECOND Monkey bar side rail</p> <p>Take turns to watch others: Sit on the floor, hands on the bar, lift feet through arms and roll backwards to kneel on the floor.</p> <p><i>Try kneeling on high knees first, then stretch gently to low knees</i></p> <p><i>Don't forget - chin up for count of three</i></p>	<p>THIRD High rings - coach assisted</p> <p>Start in basket hang, coach assisted lower to dorsal hang.</p> <p><u>Hold super tight with chin up for count of one</u></p> <p>Assisted drop to safety landing</p> <p>Other gymnasts can practise the monkey bars and rope climbs while waiting for a turn. Set up a system for good flow. Give each gymnast a number. Number 1 starts, number 2 and three wait. Number 1 finds number 4 and tells them to get ready for their turn. Number 2 finds 5, Number 3 finds 6 etc. Make sure you are never waiting for anyone - they are always waiting for you!</p>
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UNEVEN BARS		
FAB FIVE (5-10 mins)		
<p>Complete 5 of each skill as quickly as possible</p> <p><i>Select one skill as the focus skill each week. Set an explicit quality goal for the skill and spotlight the best performers at the end of the activity</i></p>	<p>CHIN UPS High bar</p> <p>5 x chin up from hang - coach assisted OK</p>	<p>PULLOVERS Low bar</p> <p>5 x pullover on low bar</p>
	<p>GRIP CHANGE Low bar</p> <p>In hang, change grip from top grip to reverse - repeat x 5</p>	<p>2 UP SWINGS Medium bar & 3 plyo boxes</p> <p>5 x long swings (one at a time), finish standing between boxes in C shape after each swing</p>
KING OF CASTS CIRCUIT (5-10 mins) 2 laps max		
<p>SHOULDER SHRUGS Floor rail</p> <p>In front support with hands on rail and feet on floor, slide shoulder blades through rounded back, then blades touching and back again.</p> <p>1 x shrug, 1 x side step and repeat</p>	<p>COUNT OF FIVE ROLL FORWARD Low bar #1</p> <p>From front support, lean forward SLOWLY (count of five), then drop to washing line hang.</p> <p><i>How many different ways can you exit the washing line hang? Switch to bat hang, star hang, chin up, no sound touch down...</i></p>	<p>CAST TO PLYO BOX Low bar #2</p> <p>Set up 2 x plyo boxes at approx bar height</p> <p>From front support on the bar, cast to land with one foot on each plyo box.</p> <p><i>Encourage a really strong 'turtle shell' and strong, straight legs</i></p>
<p>JUMP AND CAST - BIG, BIGGER, BIGGEST Low bar #2</p> <p>Start standing on the floor with hands on the rail. Jump to immediate cast aiming for max height. Land on the floor and repeat x 2 aiming for more height each time.</p> <p><i>Don't worry about shaping, this one is all about power and confidence</i></p>	<p>KING OF CASTS - 2 UP Low bar #3</p> <p>Coach station</p> <p>Two at a time- compete for the title: 'King of Casts' Be specific in your criteria for the title, here are some options:</p> <ul style="list-style-type: none"> - Best 'turtle shell' - Highest cast - measures at the hip - Highest cast - measured at the feet - Straightest body line 	
BACK HIP CIRCLE INTRO (5-10 mins) Take your time to introduce this skill with the correct technique and emphasis quality shapes		
<p>FALL BACK ¾ crash mat</p> <p>Stand on mat holding balance stick below hips, fall back to land in dish</p> <p><i>Keep the chin tucked in!</i></p>	<p>CANDLE HOLD Box or physio ball or barrel</p> <p>Candle (dish) hold with shoulders on the ground and feet on apparatus. Hold balance stick below hips</p> <p><i>Set up a small height for shoulders (so that the head does not rest on the floor) to emphasise that our muscles hold our head in the right position</i></p>	<p>★ SPOTTED BACK HIP CIRCLE</p> <p>Options for stages:</p> <ul style="list-style-type: none"> - Just a pullover and concentrate on the grip shift to support -Spot drop back to candle from front support -Small, cast and spot a stop at candle -Cast, then tuck around the bar

PARALLEL BARS		
OBSTACLE STYLE STRENGTH & AGILITY COURSE (5-10 mins)		
<i>Work with a partner - stay on each station for 40 seconds of continuous work. Swap on coach call (rest for 20 sec)</i>	SIDE SHUFFLE P Bars #1 <i>Set each rail high/low so that the shuffle is either uphill or downhill</i>	BUNNY HOPS Plyo box <i>Bunny hop up to box (as for tuck on) - froggy, bent legs with bottom high or straight legs - step off to safety landing</i>
PENGUIN WALK P Bar #2 with green/yellow mats <i>Penguin walk as far as you can, then walk through and return to the start to try again</i>	WALKABOUT Wall bars <i>Climb up left side, across top, down right side and across to left</i> <i>Partner will cross over/under - stay on the bar the whole time</i>	3 x SWINGS Single rail <i>Bent leg swing x 3, then swap with your partner</i>
SUPER SWINGS CIRCUIT (5-10 mins)		
BENT LEG SWINGS P Bars #1 <i>Swing with bent legs & flat hips toward bar height - regrip at the back of the swing</i>	GLIDE SWING Single Rail <i>Options for learning stages:</i> <i>-Feet on small barrel</i> <i>-Feet on small barrel, lift off at front of swing & back on for return</i> <i>-Coach assisted hold feet back and forth</i> <i>-Coach assisted - hold at front swing & return by self</i> <i>- Glide over a small object</i>	SWINGS IN SUPPORT P Bars #2 <i>3 x support swing, finish in straddle hold (hands transfer to front of body)</i>
“C”SHAPE GLIDE TAKEOFF Wall bars <i>Use a line marker on the floor. Stand in front of line, holding rail at around head height. Bend knees & jump to ‘C’ shape on toes behind the line</i>		PRESS & HOLD Mini P Bars <i>Hold tuck or L press for count of five</i> Progress to press up and stand with one foot on each rail
LEARNING ROLLS (5-10 mins) - Practise these drill before trying the skill When ready for the skill, use PBar wraps and a big foam block to reduce the height under the roll		
SHOULDER PRESS Mini P Bars <i>Rest shoulders on p bars. Work on taking both feet off the PBars to balance in shoulder stand</i>	TUCK ROCKS <i>Practise the correct hand/arm positions on the floor: elbows up, then flat to the floor (triangles), then support on hands</i>	FORWARD ROLL ON MATS <i>Set up green and yellow sections on the floor with a PBar wide gap between. Practise the shoulder press & roll between the mats</i>

PLATFORM

TRAMPOLINE GAMES (5 mins)
Let your team choose the game for the week

<p style="text-align: center;">GAME #1: ADD ONS</p> <p>First person chooses a skill, next has to link that skill to one of their own (no jumps in between). Aim for as many linked skills as possible! At the end of the game, check in to see which team managed the most linked skills.</p>	<p style="text-align: center;">SKILL OPTIONS FOR ADD ONS</p> <p>Straight, tuck, star, straddle, ½ turn, full turn, seat drop, ½ to seat, seat to ½, sad cat, split, pike, wolf</p>
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GAME #2: HIGH JUMPS / SLOW TIME

With one person on each trampoline, coach calls 'GO'. Everyone completes 10 jumps starting at the same time. The person who finishes LAST is the winner.
They will have the highest jumps!

When everyone has had a try, challenge 2 high jumpers to try against you!

BODY PART COMBOS (5-10 mins)

<p>ROUND #1 all trampolines</p>	<p style="text-align: center;">SAD CAT, BACK DROP, FEET</p> <p>Bounce on all fours, the roll forward to back drop, immediate bounce to feet</p>
<p>ROUND #2 all trampolines</p>	<p style="text-align: center;">SEAT, SAD CAT, TUMMY, SEAT</p> <p>Control bounces to start, the seat drop, roll forward to bounce on all fours, drop to tummy, ½ turn to seat and stand <i>Reinforce diamond position for arms on tummy drop - hands flat on mat, elbows turned out</i></p>
<p>ROUND #3 all trampolines</p>	<p style="text-align: center;">PEANUT ROLL, FEET, ½ TURN TO SEAT</p> <p>Control bounces or from stand, front over to back, immediate bounce to feet, ½ turn to land in seat drop</p>

ROUND OFF WORK (5-10 mins)

<p>HANDSTAND, JUMP TO CRASH MAT Yellow trampoline</p> <p>Hands on crashmat, feet on trampoline - jump toward handstand. When ready, release hands and jump two feet to land on crashmat</p> <p><i>Work up to one bounce only into the handstand and encourage a little airtime (push off) between hands and landing on feet when confident</i></p>	<p style="text-align: center;">KNEE / HANDS BOUNCES</p> <p>Alternating bounces between knees & hands</p> <p><i>Feet and hands should not be in contact with the trampoline at the same time. Encourage a strong push from both hands, working up to lifting arms toward ears when pushing off the trampoline</i></p>	<p style="text-align: center;">2 FEET ROUND OFF</p> <p>Round off from two foot takeoff</p> <p>Progressions:</p> <ol style="list-style-type: none"> 1. Practise the skill with one out bounce 2. Add 2 return jumps forward to return to starting spot - control direction in a straight line 3. Add a set drop and return with a second round off 	<p style="text-align: center;">ROCKET, CARTWHEEL, ROCKET floor</p> <p>On the floor: stand in tall rocket shape (feet together), step to <u>CARTWHEEL</u>, finish in rocket for count of three</p> <p><i>Encourage gymnasts to square for a square finish - hands, shoulders, hips, knees, feet all square (no twist)</i></p>
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