

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
1. Run to touch blue wall	Rainbow air track: Sideways springing - <i>4 jumps each direction, hands on hips <u>LAND & HOLD</u> off track</i>	Coaches helper: Bear walk, <u>spiderman roll</u> <i>Hold spiderman pose for 2 sec</i>
2. Natural jumps - <i>good height, natural arm swing</i>		
3. Tuck jump, power jump - <i>big push for max height in power jump, less push for tuck</i>	Plyo box (2): Broad jump, box jump, <i>use 1, 2 rhythm</i> <i>* Hold landing off box</i>	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>
4. Straight jump, full turn jump - <i>complete one full turn in each direction at every column</i>	Blue BOSU (2): Step to two foot BACKWARDS punch jump on BOSU (<u>STICK</u>)	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>
5. Sad cat, front support bounces - <i>aim to swap at 3 of each bounce</i>		Crashmat: Fall or jump to back 'splat' fall: <i>Arms spread, palms to mat, legs in star - press all body parts to mat</i>

Stretch Options (5-10 mins)

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) OR 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 ****

Active flex (5-10 mins)

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)

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
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 Lift other arm to ear & return Arm circle backwards Double arm lift to ears Stretch out opposite arm and leg Stretch out other arm and leg SUPER DISH 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>
2	Stick lifts <i>Lie in star on tummy, lift & lower stick up and overhead</i>	
3	Open tuck rock, jump to front support <i>Jump in to tuck & repeat</i>	
4	Medicine ball frog sit ups (3kg) <i>Feet apart, sit up & lift medicine ball under chin then overhead</i>	
5	Battle rope waves <i>Use two hands</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
<ul style="list-style-type: none"> - 4 x skips (step hops) - 3 x side chassés - 2 x soldier star jumps - 4 x ¼ turn jumps with hands on hips 	<ul style="list-style-type: none"> - Forward roll x 2 - Tap together handstand - Backward roll to feet - Cartwheel to star 	<ul style="list-style-type: none"> - Lie down, push up to bridge, return to lie flat - Step, cat leap - Candle stick roll, return to mermaid sit - Splits (side or front)

FOCUS ON TURNS (5-10 mins)

Group work

Challenge #1 - Tension and turning (choose 2 activities)

Plank roll <i>hold plank nice and tight, drop, roll & return to plank</i>	Tight ¼ turn <i>lie on back with one leg in passé, roll to side (use support of top hand on floor)</i>	Front support, SLOW slide to lie flat, log roll, push up to front support <i>(try both directions)</i>
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Challenge #2 - Tension test on feet move through all of these steps as quickly as you can

1/2 turn pivot on 2 feet

Fairy feet: position the feet heel to toe for the right spacing for a good pivot
Try for speed - have everyone sit down with crossed legs, call "right foot" and see how is fastest to stand with right foot in front - look for straight legs, strong standing posture

Stand tall on toes and hold for count of three - who is the tallest / who can stay still / who has eyes locked forward

½ turn pivot: on coach call "Ready": stand tall and tight, "GO" pivot & hold on toes
Count 1,2,3 straight after call of GO - everyone should be in position or have corrected their position by '3'

½, ½ pivot: Pivot on toes, take one STEP & complete a second pivot
The turn continues in same direction with a step in the middle

Challenge #3 - Putting it together (choose either jump turn or pivot)

Find the right start position, prep the turn, give it a try!

<p style="text-align: center;">Full turn jump</p> <p>Start: Stand tall, head neutral, one arm at vertical 12 o'clock & other at horizontal 3 / 9 o'clock</p> <p>Prep: Bend knees for takeoff & swing arms down to sides, then to high V - twist body to face side - STOP- check tall straight posture - head neutral.</p> <p>Step feet around to ½ of turn & stand tall & straight. Finish with a tippy toe step around to face the front again, then PAUSE & drop heels to land with arms low, wide and strong</p> <p>Give it a try: Put step 1 & 2 into action - complete a full turn jump & stick the landing!</p>	<p style="text-align: center;">Full turn pivot</p> <p>Start: Stand in small lunge, <i>weight centred</i>, with one arm at horizontal 12 o'clock & the other at horizontal 3 / 9 o'clock</p> <p>Prep: Swing 12 o'clock arm wide then place both arms low to sides. At the same time, shift heel quickly to face side (<i>flat foot</i>) - foot lifted toe to knee. STOP- check tall straight posture - head neutral. Repeat heel shift ¼ turn at a time until facing front- <i>be sure to regain balance at each ¼.</i></p> <p>Lower foot to place feet side by side to finish standing tall and straight, arms low & strong by sides.</p> <p>Give it a try: Put step 1 & 2 into action - complete a full turn pivot & stand the landing!</p>
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FLOOR (VAULT ROTATION)

Choose 1 x skill circuit to complete each week

SKILL CIRCUIT OPTION #1: VAULTING SKILLS

HANDSTAND PRACTISE (5-10 mins)

Line up with spacing to move freely. On "Ready and Go", everyone steps to handstand.
Start standing tall with feet together & arms by sides. Step forward & sweep arms low for entry
 Coach spots the gymnast at the top of the line, helping to hold the handstand for a count of three.
 Everyone else listens to the count to see how long they can hold by themselves. Send the first gymnast to the end of the line and spot the next one. Repeat until everyone has had a turn.

VAULT SKILLS CIRCUIT (10-15 mins)

Spotlight one skill at the start of the rotation each week - emphasise correct technique & demonstrate the ideal model. Finish with a 'champion' round. Choose 3 champions to demonstrate the skill	ON & OVER JUMPS vault sections Continuous jumps over and on vault sections <i>No need to dictate which ones to jump on/over - let the gymnast decide.</i>	UNDERARM ENTRY HANDSTAND Practise handstand on floor with an underarm 'sweep' style entry. <i>This will lead to an arm circle, but no need to complicate the action yet!</i>	HANDSTAND FLATBACK★ board & crashmat Hands on board, land flatback on crashmat <i>Reversing the direction of the skill to land on stomach can help in the learning phase</i>
BUNNY HOPS - air track Continuous bunny hops to end of track <i>Encourage reach between bunny hops - when you see air time (a bit of bounce) between feet & hand placement - highlight it for everyone to see!</i>		RUN, STRAIGHT JUMP - eurotramp, box Run & rocket jump to foamie, keep arms up & bounce toward edge, then off to safety landing or pit <i>Encourage lift off the tramp - fast 'rocket'</i>	
SKILL CIRCUIT OPTION # 2: INTRO TO FRONT SAULT			
FORWARD ROLL PRACTISE (5-10 mins)			
Line up in two lines facing each other, with spacing to move freely. On "Ready and Go", everyone completes a forward roll toward each other (use window formation) Take turns at the top of the line - send the first 2 gymnasts to the end of the line after each round. Repeat until everyone has had a turn. Round 1 & 2: Finish in tuck <i>knees apart, one hand on each knee</i> Round 3 & 4: Finish standing tall, <i>feet shoulder width apart (knees still apart during roll)</i> Final round: Focus on speed - <i>make it a fast finish - who will stand up first?</i>			
INTRO TO FRONT SAULT SKILL CIRCUIT (10-15 mins)			
SUPER JUMP Air track, vault sections Run & jump over two stacked vault sections <i>Bent legs ok - control landing on feet</i>	MINI HANDSTAND FORWARD ROLL Board & scatter matt <i>Drape scatter mat over board</i> Starting at the high side, mini handstand & roll down the board <i>Roll shape is the priority, not handstand</i>	DIVE ROLL Eurotramp, crashmat Short run, jump on tramp to dive roll <i>Two - three jumps on the tramp to prepare is OK when learning</i>	ROLL & STAND Foamie & crashmat <i>Place foamie on top of crashmat</i> Stand on foamie, small tucked roll starting on foamie and finishing on the floor <i>Control the landing</i>

BEAM Z1

WALK & CLAP (3-5 mins)

Use the high beams

Choose 3-5 of the following options:

Clap opposite hand to knee, clap opposite hand to foot, clap under knee, side step and clap under legs, walk on toes & clap overhead/behind body each step, knee drop and clap under leg

FAST LAPS (3-5 mins)

Use the high beams

- ~ Step up to beam and move quickly to the end
- ~ Coach calls ready, set go for gymnasts to dismount together - STICK the landing
- ~ On 'ready', the next gymnasts in line move quickly to the end of the beam
- Repeat x 3-4

Don't delay the 'Ready, set, go', call it as soon the first gymnast steps into place to encourage speed

SKILL OPTION #1: HANDSTAND CONFIDENCE (5-10 mins)

FRONT SUPPORT, FROGGY PRESS high beam

Start in front support, (hands & feet on the beam), lift one or two legs at a time to froggy press - HOLD

Progress to stretch legs out to full straddle

PIVOT ON 2 FEET high beams

Stand on toes, stretch tall with arms up, pivot on two feet - HOLD & CONTROL

Pivots and handstands both need a tall tight shape!

BUNNY HOPS & SCORPIONS Low beams

Practise keeping balanced upside down. Continuous movement - slow and controlled

BOX HANDSTANDS high beams

Place a box on each side of the beam and cover full length with a scatter mat

~ Half handstand or tap together

Encourage strong start & finish

MIRROR ME FINISH (5 mins)

Line up on the beam with space for everyone to move - all facing the dismount end
Select 4 static positions (precise arm positions, single leg balances, sitting positions) and move through each to a count of 4

Work on posture and presentation...and a little bit of sass!

At the end of the 16 counts, drop the line leaders to the back of each line and have everyone else move up for a turn at the front. Repeat until everyone has had a turn in front

When the kids get good at this - they can try taking the lead

BEAM Z2

AGILITY STATIONS (5 mins)

Timed stations - call time when the wide beam team has completed two laps

LOW BEAM - Stand with one foot either side of beam, then jump to land on one foot on beam (continuous and swap legs each jump if able) *Bend legs to absorb landing each jump*

30cm BEAM - Bear walk toward partner (one at each end) - clap in the middle and reverse up

HIGH BEAM #1 - Up & over - climb over beam, roll sideways under and repeat

HIGH BEAM #2 - Sloth crawl - all the way to the end, *walk back on floor & repeat*

WIDE BEAM - Ball bounce and catch while walking on beam, *walk back on floor & repeat*

Fun Skill Combos & Challenges (10-15 mins)

Choose two at a time to practise with your group - set a 4 minute timer, then change to the other two

<p style="text-align: center;">DONKEY KICK, FORWARD ROLL wide beam</p> <p>Start standing tall, reach to donkey kick, then forward roll without releasing hands from beam</p> <p><i>Start with a forward roll to sit, then try standing</i></p>	<p style="text-align: center;">GIRAFFE, FLAMINGO, KANGAROO high beams</p> <p>2 of each: Giraffe (walk on toes with arms up high), Flamingo (passé steps with arms held low), Kangaroo (jump on two feet)</p>	<p style="text-align: center;">FORWARD BODY WAVE, ½ TURN high beams</p> <p>Stand with feet together, body wave forward, then step one foot forward to ½ turn pivot on two feet</p> <p><i>Encourage a head release in the second half of the wave</i></p>	<p style="text-align: center;">STEP HOP x 2, ROUND OFF DISMOUNT High beams</p> <p>Start with 'boss' leg pointed to front, then hop once on each leg & reach into a roundoff dismount</p> <p><i>Roll straight to back once in the pit & check direction (body line)</i></p> <p><i>Trouble with height? Try off the edge of the pit until the gymnast is confident</i></p>
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HANDSTAND CHECKLIST (5-10 mins)

Complete the checklist with quality in mind

<p style="text-align: center;">TUMMY HANDSTAND wall</p> <p>Tall, tight tummy handstand against wall for count of 5</p>	<p style="text-align: center;">2 STEP PUSH UP low beam</p> <p>Both hands on the beam & feet on the floor. Step sideways x 2, then complete 1 pushup to touch chest to beam</p> <p><i>Repeat to end of beam</i></p>	<p style="text-align: center;">SIDE HANDSTAND SPOTTED 30cm beam</p> <p>With coach spot, kick to side handstand for count of 3</p> <p><i>Tuck both knees to chest & land feet on floor when done</i></p>	<p style="text-align: center;">CANDLESTICK wide beams</p> <p>Candlestick for count of 5</p> <p><i>Progress start and finish position as confident:</i></p> <ol style="list-style-type: none"> 1. Start and finish lying down 2. Start/finish in tuck sit 3. Start/finish standing
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RINGS AND ROPE

BEANBAG CHALLENGES (5 mins)

Groups of 2-3 - complete each station for count of ten - which team can work together to start on time and stay in shape for the full count of ten?!?

1. Shoulder taps: Hang on the monkey bars, tuck a beanbag into one shoulder (hold with chin). Remove one hand & swap the bean bag to the other shoulder
2. Chin up hang on ropes: Tallest in the middle to reach highest - use two ropes each - hold all together. Balance beanbag on head
3. Bat hang on side rails: Balance with feet on the rail, or take them off for a challenge. Hold beanbag between knees
4. Tuck hang on rings: Balance beanbag on lap - *Not enough rings available? Use one ring to hang*

Skills circuit (10-15 mins)

<p style="text-align: center;">SHOOT OVER Monkey bar low section</p> <p><i>Place a box or barrel on the floor in the middle of the low section</i></p> <p>Begin with hands on rail, then, in one swing 'shoot' up and over the obstacle and land on two feet on the floor</p>	<p style="text-align: center;">STRAIGHT, TUCK, STAR HANG Monkey bar middle section</p> <p>Hang on rail, then show straight, tuck & star hang for count of 3 each. Drop to landing mat or big soft box.</p>	<p style="text-align: center;">BASKET TO CANDLE Small rings</p> <p>Basket hang, lift to candlestick hold & hold 3 seconds</p> <p><i>For a challenge, return chin up in L or tuck hang</i></p>
<p style="text-align: center;">ROPE CLIMB Ropes</p> <p>Climb side by side with a friend!</p> <p><i>Remember to come down the rope with one hand at a time - no sliding!</i></p>	<p style="text-align: center;">TENSION SWINGS High rings</p> <p>5 swings to dismount at back</p> <p><i>As confidence increases, try turning the rings out for the backswing</i></p>	<p style="text-align: center;">BACKWARD ROLL Box</p> <p>Backward roll across box - start sitting on the box nad land on the floor</p>

NINJA OBSTACLE COURSE (10-15 mins)

Work together to build a course for the team. Direct two gymnasts to choose an activity for a set area - give them 1 minute to set up. Have each pair demonstrate their activity in the order of the course before everyone has a try.

Suggestions:

Ninja steps, agility ladder, mini balance beams, jumps up & over vault sections, rope swing, long swing on rings, crawl though tunnel or under equipment, side vault over boxes, shoulder rolls across boxes, rolls on wedges

UNEVEN BARS

RACES (5-10 mins)

Up to 3 gymnasts on each bar - choose one conductor to start the first race, then the winner becomes the conductor for the next round

Race to be the fastest! Start lying down looking up at the bar, then be first up to the correct position on the bar to become the conductor. Coach chooses the position on the bar, conductor says ready, set go and chooses the fastest player. Change bars each round to keep things fun and fair.

Be clear on the rules - it's not just the fastest - the winner needs to be in the correct final shape (ie - feet together, legs straight)

Position on the bar:

Bat hang (feet on bar between hands, hang upside down in tuck)

Basket hang (pike)

Froggy hang (bent legs)

Straddle hang (toes on bar, straight legs)

Straddle basket (basket with feet on outside of hands)

Chin up hang with legs in tuck

Up for a challenge - V Hang (legs straight, toes touching rail)

Each week, finish with a **HANG COMPETITION**. Who can get the longest hang time on the bar?

No need for straight legs or pointed toes!

Create a top ten white board to record the longest times out of the whole gym!!

SKILL DEVELOPMENT CIRCUIT (10-15 mins)

Timed stations: 2 minutes each station - 2 gymnasts on each station



3 x SUPER HIGH BENT LEG SWINGS Low bar

Take turns to jump and catch rail,
then swing x 3

*Try to regrip with 2 hands at the
snake time at the back of each
swing*

PULLOVER / FORWARD ROLL TO STAND Single rail

Take turns - first try a pullover, on
next turn try a forward roll

*Control the forward roll for the
softness (no noise finish)*

TUMMY WALL HANDSTAND & FRONT SUPPORT Floor rail & wall

Handstand facing the wall with a
partner. Work at the same time
and hold together for count of 5,
Walk down the wall, then hold
front support together with hands
on the floor rail for count of five

JUMP, CAST, BACKWARD ROLL Wedge & single rail

*Place the wedge behind the bar
in the cast dismount zone*

Jump from the floor, immediate
cast dismount, then roll backward
down the wedge

Finish the roll standing on feet

CHIN UP CHALLENGE High bar

*Set up box under the high rail so
that children can jump to catch*

Jump to catch rail, then shuffle
sideways and pull up for 3 x chin
ups or one x chin up to hold for
three seconds

Coach help may be required

**Spotlight one station when the
circuit is finished**

PARALLEL BARS

SKILLS CIRCUIT (10-15 mins)

One set of Pbars set high/low

<p>BACKWARD ROLL TRAVEL P Bars #1</p> <p>Stand on floor at the end of the rails. Grasp one hand on each rail, then backward roll through basket to stand. Repeat to end of rails</p> <p><i>Slow and controlled, feet together throughout</i></p>	<p>SWING IN SUPPORT 2 x plyo boxes</p> <p>Swing in support with one hand on each box</p> <p><i>Aim for toes to peek out between the boxes on each swing</i></p>	<p>SWING & SQUAT End Pbars #2</p> <p>Swing in cross support, then drop to squat on back swing. Jump from squat and repeat x 3</p> <p><i>Arms to remain straight during transition to squat and back up to swing</i></p>
<p>SUPPORT & DROP End Pbars #2</p> <p>Hold cross support for count of five, then drop to land on floor</p> <p><i>Hands together, elbows in for drop - a clap works well with hands held to forehead</i></p>	<p>CANDLESTICK BALANCE Wall bars</p> <p>Lie on the floor, hands on a low rail. Lift body to candle and hold for count of five.</p> <p><i>Hips open (flat), feet together</i></p>	<p>BOX FRONT SUPPORT, STEP TO RAIL & JUMP OVER Single rail</p> <p><i>Set up box for a small step onto the bar (step should be no higher than 40cm)</i></p> <p>Start with feet on box and both hands on rail. Step one foot at a time to bar, pause, then jump off</p> <p>Always leave hips high, try: High hips froggy High hips tuck</p> <p><i>Control is required - insist on the pause!!</i></p> <p>Coach help required - monitor this station closely</p>

RACES (5-10 mins)

Line up in two teams, first team to 8 points wins

Race against a partner from the opposite team. Start with a strong body tension shape, then first up to the correct position on the bars gets one point. Mix up the positions each round to keep things interesting. Play fast and fun!

Body tension holds for the start:

L sit
Tuck sit
Plank
Dish with knees bent & feet on floor
Bunk bed

Position on the bar to finish:

Tuck hang
Cross support
Chin up hang
Front support (one one rail)
Tuck support

PLATFORM	
WARM UP OPTION (5 mins) Need to release some energy? Dive into some races to start your rotation	
PIT RACES Race two or three at a time and add different objectives eg: Start with a peanut roll, add an obstacle to stand on in the middle of the pit before continuing, race with your eyes closed, move through the pit backward until you reach half way, start with a handstand flatback (TRP end), start with hang and drop from bar	
BEAUTIFUL BASICS (5-10 mins) Choose 3 jump series to perfect each week All complete the same jump before moving to the next series	
Options for jump series Tuck + Star Straddle + Straight Tuck + Wolf (Cossack) Half turn + Seat drop Split left + Straight jump + Split right Tuck half + Straight jump	
BODY PART COMBOS (5-10 mins)	
ROUND #1 all trampolines	SAD CAT, BACK DROP, FEET Bounce on all fours, the roll forward to back drop, immediate bounce to feet
ROUND #2 all trampolines	SEAT, SAD CAT, SEAT Control bounces to start, the seat drop, roll forward to bounce on all fours, ½ turn to seat and stand
ROUND #3 all trampolines	SAD CAT, TUMMY, SAD CAT Bounce on all fours, stretch out to stomach drop, immediate return to sad cat <u>Practise the tummy position as a group first - Reinforce diamond position for arms on tummy drop - hands flat on mat, elbows turned out, chin low to mat</u>