PRIDE
GYMNASTICS ACADEMY

Halloween Theme Week

Oct 26-31



Warm up-10 min

Conditioning/Tramp

- Who can hold a wall sit the longest, handstand, plank, ect.
- Climbed rope the highest
- Or normal conditioning

Games

- Copycat- 15 min
- Witch's Spell- 15 min
- Spooky relay race- 15 min
- Tic tac treat-15

  If all stations are being used go to tramp

Game 1

Copycat- place kids on bean and pick someone to do poses the other kids have to copy them, every time someone falls they are out, the last kid standing wins!

To make it harder do it on the high beams

Game 2

Witch's Spell- coach yells out a word that's assigned to a skill, like "pumpkin"= split jump, kids have to remember the word that assigned to the skill and do it, if they do the wrong skill they are out.

This game can be played on the warm up floor

Game 3

Spooky Relay Race- split kids up into two teams, complete the obstacle course first time to complete it wins!!

Set up on the two floors closes to beam so balls don't roll under the floor.











Game 4

Tic Tac Treat- split kids into two teams, have them do jumps onto a mat that has a tic tac toe blocks on it, mark where kids land with a ghost, first team to complete 3 in a row wins.

Set up on floor closes to bars.