

Months 5-6

- WEEK #1- ODD WEEK (12/1-12/7)
- WEEK #2- EVEN WEEK (12/8-12/14)
- WEEK #3- ODD WEEK (12/15-12/21)
- WEEK #4- EVEN WEEK (12/22-12/28)
- WEEK #5- ODD WEEK (12/29-1/4)
- WEEK # 6- REVIEW WEEK (1/5-1/11)
- WEEK #7- EVALUATION WEEK #1 (1/12-1/18)
- WEEK #8- EVALUATION WEEK #2 (1/19-1/25)
- WEEK #9- THEME WEEK (1/26-2/1)

Strength Training

Beginners

1. **Jumping jacks**
2. Push ups
3. Reverse crunches
4. Lunges
5. Rope climb

Intermediate

1. **Jumping jacks**
2. Push ups
3. Reverse crunches
4. Lunges
5. Rope climb

Advanced

1. Jumping jacks
2. Push ups ***feet can be elevated to add difficulty**
3. Reverse crunches
4. Lunges
5. Rope climb

***Rotate through stations:**

1 time: 3 minutes each

2 times: 1:30 each

Trampoline

BEGINNER:

- Split
- Pike jump
- Seat drop
- Knee drop
- Doggy drop
- Doggy drop, forward roll

INTERMEDIATE:

- Knee drop
- Doggy drop
- Doggy drop forward roll
- Doggy drop front tuck
- Front tuck
- Hollow to stomach drop, stand

ADVANCED:

- Doggy drop, front tuck
- Front tuck
- Hollow to stomach drop, stand
- Back drop
- Back handspring (spotted)
- Seat drop, back handspring

Vault

BEGINNER

1. Running w/ cones
 - High knees down
 - Bottom kicks back
2. Push up hold, walk hands up to unfolded panel mat
 - Pass to push up hop up
3. Dive roll
 - Jump from panel, roll down wedge
4. Arm circle
 - One panel mat, arm circle straight jump up to tall panel mat
5. Handstand flat back
 - One foot up to panel mat, handstand fall to 8 inch
6. Board entry
 - Run, arm circle straight jump up to two 8 inch mats (pass to dive roll)

INTERMEDIATE

1. Running/Punching drills
 - Straight jumps down and back (ankle punches)
 - Arm circle straight jumps *if able
2. Panel mat hops
 - Quick straight jumps (ankle punches) up and down
3. Push up hop to unfolded panel mat
 - Pass to handstand pop up to panel unfolded
4. Arm circle
 - One panel mat, arm circle down to springboard, jump back to panel mat
5. Handstand flat back with barrel and 8 inch mat
 - Stand in front of barrel, fall forward to handstand, flat back to 8 inch mat
6. Board entry
 - Run, arm circle straight jump up to whale mat
 - Pass to dive roll
 - Pass to handstand flat back



Uneven Bars

BEGINNER

1. **Chin up pull over to 3 casts (spotted)**
2. **Candlestick hold on floor**
 - Lower bar, lay on back, toes up to ceiling with flat hips
3. **Chin hold**
 - Pass to hold in L hold
4. **Cast hold with parallette and feet up to barrel**
 - Roll legs back and forward with flat back
5. **Stand on parallette bar (with hands on), fall to bottom on red wedge**
 - OR pike hold
6. **Sole hang w/ swing**



INTERMEDIATE

1. **Chin up pullover, cast, backwards to candle hold**
 - Pass to back hip circle
2. **Front support, 3 casts**
3. **Press noodle to legs, fall back to hollow against wedge on wall**
4. **Stand on panel mat, one foot up to bar, jump other foot up to sole hang swings**
 - Pass to land flat on back on 8 inch mat
5. **Push up hold w/ parallette bar jump to straddle or pike, fall to bottom w/ red wedge**
6. **Single leg raises with barrel**
 - Pass to feet together



Balance Beam

BEGINNER

1. Releve walks to middle, straight jump, releve walks to end on low beam
 - Arm position, feet position, landing position, finish
2. Straight leg kicks to end of beam, straight jump dismount
3. Lever on laser beam
 - Pass to see-saw
 - Pass to handstand
 - Pass to cartwheel
4. Pivot turn on short beam
5. Mount on high beam, forward & backwards releve walks
 - Pass to kicks



INTERMEDIATE

1. Backward kicks on low beam to middle, split jump, kicks to end
 - Arms out and pressed back
2. Handstand on low beam with expander
 - Start with see-saw if needed
 - Pass to cartwheel
3. Cartwheel on laser beam
4. Pivot turn on short beam
 - Pass to half turn
5. Mount on high beam, forward kicks, straight jump (or split jump) on beam, straight jump dismount

Floor

BEGINNER

1. Handstand up to panel mat
 - Start and finish in lunge
 - ***May be lever or see-saw***
2. Cartwheel over long panel mat
 - Start and finish in lunge
3. Backward roll w/ heels to panel mat
 - Goal is straight arms to push up
4. Standing bridge up wedge - spot by hips
 - Feet at bottom of wedge
 - Goal is flat on floor
 - i. Kick over down wedge
 - ii. **DO NOT DO STANDING BRIDGES DOWN WEDGE**
5. Step, step leap over blocks
 - Landing one foot in arabesque, step through to finish
6. ½ turn in hoop
 - Toe to passe, step through and finish



Floor

INTERMEDIATE

1. Handstand, fall to bridge with 8 inch mat
2. Cartwheel on line
 - Pass to round off
3. Backward roll on floor
 - Can use cartwheel mat with line side up
4. Bridge kickover down wedge
 - Pass to standing bridge kickover on floor
 - Pass to back walkover
5. Chasse, step, leap
6. Full turn

