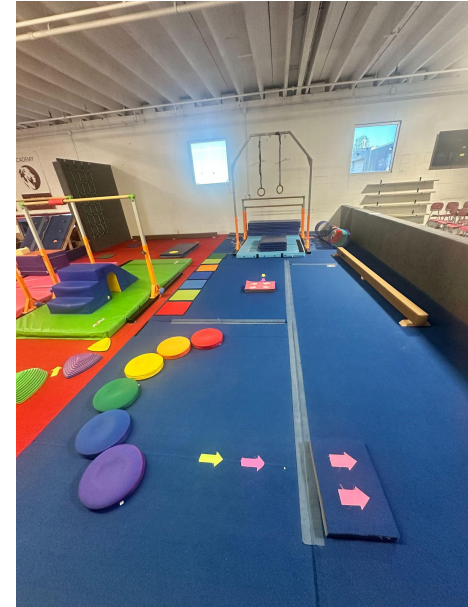


April/May Showcase

Red Floor: Apart in circles, together on beam - chin up pull over - forward roll - sideways on beam - straddle hold - table top or bridge - tuck hold on high bar - sole hang on low bar



Blue Floor: cartwheel - hope on squeakers - lever/donkey kick/handstand - straddle jump in hoop - forward on balance beam in releve - crawl through tunnel - tuck holds on P bars - tuck or pike hold on rings



May go to Trampoline in big gym in place of Tumble Track floor to work basic jumps -straight, tuck, straddle, split, seat drop, knee drop

Tumble Track: Climb up ladder → run, jump, and freeze w/ springboard → balance across color steps → handstand (forward roll down) → balance across turtles → scale hold → turtles → cartwheel → straight/tuck jumps down tumble track → straddle jumps on trampoline

April - ALL



Walks on balance beam (coaches choice) - chin up pull over OR forward roll down - forward roll panel mat - slide - sole hang - crawl through the tunnel - slide down OR backwards over rainbow mat

May- ALL



Jump and turn on the fruit, hands on the yellow dots and walk feet around the rainbow mat, chin up pull over, slide, bear crawl on the blue beams, crawl through the tunnel, sole hang (or chin up hold) on blue bar, hopscotch