Kanata GymnoSphere™ CORPORATION

Intro to Tumbling **Week 4**

GOALS:

1. Roundoff
2. Rope climb
3. Plank hold
4. Front handspring
5. Back roll
6. Pivot turns

Station	Drill/Skill
TRAMPOLINE	1. Older girls i) Roundoff to split jump 2. Younger girls i) Rebounds with block on the side / hands on tramp 3. Calf raises on ladder x10 both feet /on leg/ switches 4. Rope climb to hold straddle/ pike
FLOOR / CONDITIONING	1. Around the worlds (moving legs in a circular motion without touching the ground) 2. X-V ups (laying in a star and bringing opposite arm to opposite foot) 3. Plank holds 4. Partner Sit ups each take turn going down and up and pass foam block 5. Pivots & small pirouettes
FLOOR	1. Front handspring with cylinder 2. Plant hands like handstand on incline and to bring feet over and land standing 3. Front fall to catch on incline 4. Back roll landing in plank 5. High Block to beat board to mat arms up whole time 6. Running with high knees through hula hoops 7. Big block split hold (Hands planted in handstand one leg on box other open in split and hold)