

Yoga/Beam week

Warm-up: Sunrise, sunset, down dog, child pose, cobra, down dog, repeat a few times.
Review skill positions as well: bridge (yoga, not gymnastics bridge), warriors, horse, cat, cow. Relaxation time.

Skill: Cat/Cow/Horse stretch on beam. Warrior on beam. Bridge on cheese wedge.
If there's time, review last years yoga week with child's pose, cobra, owl, rabbit, flamingo and bat.

This week for The Magic Tumble Bus is Dino-Nastics!

Song: Flap Like a Pterodactyl.
Warm up: Be a Triceratops stuck in the mud (Tripod stands)
Caveman jumps (leap frogs)
Pass the dino eggs (foot balls)
Walk around like different dinos (two/four legged, and flying dinosaurs)
Skills: Muscle up to Monkey Bars like a T-Rex with little arms.
Be your favorite dino on the balance beam (4/2 legs/wings. switch on second round)
Be your favorite dino on the trampoline (4/2 legs/wings. switch on second round)
Charging Triceratops in the mud kicks to backbend over octagons (tripods to backbends)

*when doing the skills twice, make sure kids change from being one type of favorite dino, to the other. Encourage growling and dino faces! Also, encourage gymnastics forms (tip toes, beam feet) safe backs/necks and relate gymnastics positions to dino forms.

Monster truck week!

Warm up:
Running races back and forth in warm up area while making monster truck noises.
Bull dozers (V-sits, pike sits, straddle v-sits)
Spin donuts (bear walks in circles)
Pop wheelies (donkey kicks)

Skills:
Forward roll in monster truck tire (big circle)
Roll the truck over (pencil rolls down cheese wedge)
Jump over cars (vault onto or over half circles)
Do sick jumps (doggy drop on trampoline)
Drag race (dog walk on parallel bars)

Pirate Week

Song: Pirate's life for me

Warm up: Ship Wreck game (gymnastics position test)
Cannon Balls (tuck rolls and tuck jumps)
Peg leg (one legged, then two stiff legged) races

Skills: Earn ye'r sea legs (balance on boat, peg [one] legged if advanced enough)
Jump over the treasure chest (jump over mailbox mat without touching it)
Walk the plank (walk on springy balance beam, peg legged if they can)
Climb to the crows nest (up the climbing net)
Shoot a canon (tuck roll out of the barrel)
Hang out with Captain Hook (flamingo hangs from the high bar)
Sword fights (if children can sword fight like nice pirates)
Make crow's nests in the parallel bars or monkey bars (bird's nest)