

Advanced Kinder **Week 6**

FOCUS:

1. Working on basics and proper technique to form strength

Station	Strength	Things we will work on throughout the session
WARM UP	<ul style="list-style-type: none"> - Shuttle runs - Present walking - Rebounds - Kicks - Inch worm Core Work: <ul style="list-style-type: none"> - Hollow hold (10 sec) - Rockers 5-10 each way - Sit ups 5-10 - Heal drivers 5-10 Stretch	
BARS	<ol style="list-style-type: none"> 1. Knees to belly hang/toes to bar hold 2. Front support hold 3. Monkey walk hands across the bar working grip strength 4. Chin up hold (5 sec) assisted if needed 	<ol style="list-style-type: none"> 5. Pike hold under the bar 6. Front support walking across the bar with casts 7. Chin up pullovers/Roll overs from front support 8. Glide swings, long swings, teaching regrips
BEAM	<ol style="list-style-type: none"> 1. Balance on one foot 2. v-sit on the beam 3. Holding push position on top of the beam 4. Jogging and going over under the beams 	<ol style="list-style-type: none"> 5. Jumps, tippy toe walking variations, kick variations on the beam 6. Front/back rolls 7. Half handstands on low beam 8. Different mounts onto the beam and different jump dismounts
FLOOR	<ol style="list-style-type: none"> 1. Push up hold 2. Candle stick rolls 3. Shuttle runs 4. Handstand hold with partner 	<ol style="list-style-type: none"> 1. Handstands: walking feet up wall, donkey kicks, levers, falling tight like a board onto back on top of big rezi mat 2. Handstands: walking feet up wall, donkey kicks, levers, falling tight like a board onto back on top of big rezi mat 3. Jumps: tuck jumps, split jumps,

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		straddle jumps 4. Cartwheels: hands on top of block jump feet over to the other side, star handstand holds, on coloured panel mat have a color for each hand and foot
VAULT	1. Running knees up and kicking bum 2. Long jumps 3. Hollow body holds	4. Landings: variations (half turn jump and land, tuck jump and land, etc. 5. Jumping Up: different jump ups onto boxes (to knees, then to kneeling, then to straddle, then to feet. 6. Rolls to flatback working on handstand to flatback, will spot.