

Mini 2's Week 8

FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
WARM UP	<ol style="list-style-type: none"> 1. Game: foam block game (simplified)
BEAM	<ol style="list-style-type: none"> 1. Walking by themselves 2. Airplanes 3. Climbing ladders and highfiving blocks on the way up 4. Jumps on and off into hoola hoops beside floor beams 5. Stork stands (big beam) 6. Walking with bean bags on beam 7. Try walking backwards 8. Jump into circle at the end of the beam
FLOOR	<ol style="list-style-type: none"> 1. Ball pit 2. Vault station (donkey kicks onto block) 3. Swinging on rings (tuck and pike) 4. Tunnels and slide 5. Puzzles 6. Walking in tunnel on block 7. Swinging on rope 8. Trying to kick feet over block (cartwheel)
TUMBLE TRACK / TRAMPOLINE	<ol style="list-style-type: none"> 1. Climb over rainbow into foam pit 2. Star jumps 3. Free jump (safely) 4. Swinging on rope 5. Timber falls into foam pit with different height blocks 6. Jump over blocks on TT, practicing jumping off forwards and backwards with two feet