

Mini 2's Week 10

FOCUS:

1. Working on basics and proper technique to form strength

Station	Drill/Skill
WARM UP	Game: Foam Blocks: build towers with the foam block, practice throwing and catching by themselves and then throwing and catching with mom and dad, kicking the foam block with mom and dad
BEAM	<p>Low Beam: Needle point *passe to needle point</p> <p>Low beam: V- sit *sit on the blance beam and balance on their bums hold hands with mom and dad for help</p> <p>Medium beam: *walk sideways holding onto a noodle</p> <p>Big Balance beam: walk forward big kicks</p> <p>Box: roll back to candle holding onto a yellow hoop</p>
FLOOR	<p>Floor blue mat: Front roll to straight jump</p> <p>Arch (rainbow): needle point handstand</p> <p>Rings: pike hang *hold foam block between legs</p> <p>Incline: front roll or pencil roll</p> <p>purple balance beam: jump over pylons *me too's: step over</p>

Station	Drill/Skill
	<p>Small cylinder *roll on to hands move forward and move back me too's: parents help little one hold onto their hips</p>
<p>TUMBLE TRACK</p>	<p>Place noodle on the tumble trak 1. step over the noodles 2. jump over the noodles 3. donkey kick station 4. climb on a box jump down motorcycle</p> <p>turn the noodle horizontally 1. star jumps between the noodles</p>
<p>TRAMPOLINE</p>	<p>1. jumping up and down 2. seat drops</p> <p>foam pit: timber into the foam pit</p> <p>2 boxes: Review all shape jumps 1. star jump 2. motorcycle jumps</p> <p>big blue box: jump into the foam pit</p> <p>wall: handstand against with wall with help</p> <p>ladder: climb up and down the ladder</p> <p>build a tower with mom/or dad with the foam block</p>