

Advanced Kinder **Week 3**

Station	Drill/Skill
WARM UP	Running/Walking Variations: 1. Fast like a cheetah 2. Tall on tippy toes like a giraffe 3. Down like a bear 4. Slither like a snake 5. Hopping like a bunny General Stretches: 1. Make a star position with body, tip to one side, then tip to the other then fold in half 2. Sit on bum in butterfly position, flap wings 3. Straddle sit, reach and tickle one foot then the other 4. Pike sit 5. Circles with ankles to stretch ankles 6. Wave hi and bye with wrist to stretch wrists General Positions: 1. Make a table: hand and feet on ground, lift belly up to ceiling 2. Make a slide: same as table with straight legs and lift belly to ceiling 3. Tunnel: hands and feet on group, bum up in the air (Downward dog) - o Try to lift one foot up then the other
TRAMPOLINE / TUMBLE TRACK	1. Pencil jump 2. Star jump 3. Tuck jump 4. Spinning 5. Bum drop 6. Play Game, Popcorn
BARS	1. Swing and kick over cube 2. Lifting toes to bar, in pike (feet together) and straddle (feet apart on bar) 3. Holding front support 4. Swinging on the rings 5. Monkey walking with hands from one side of bar while hanging to the other side
FLOOR	1. General Positions: table, slide, tunnels 2. Donkey kicks with hands up on blocks 3. Jumping on beat board up to box, feet together 4. Rolls: forwards and sideways (log roll) 5. Balancing along a floor beam: walking forwards, sideways, backwards 6. Stuck landings; landing in motorcycle



Station	Drill/Skill
BEAM	1. Walking holding hoop over head. 2. Kicks, bunny hops, tippy toe walking 3. Stick landings off beam 4. Crawl under rainbow on beam.