

	Aerobic	Strength	Flexibility	Balance	Floor
Yellow	20 seconds each 1. Rope skip 2. Jumping jacks 3. Squat jumps	Support shapes: Front to side to back to side to front hold each for 5 seconds	Pike folks	V- sit and shoulder stand with hand support	Forward roll straight jump Forward roll straddle stand

	Vault	Beam	Bars	Floor 2	Jumps/leaps
Yellow	squat/straddle on with straight jump off	rebound jumps travelling forwards along beam	5 x chin ups 5 x leg lifts	Cartwheel - using cartwheel mats or over block Using correct step hand, hand, foot, foot pattern	Jump 1/2 turn