

# POWER KID BOYS

## Floor Exercise

- Forward Roll, no hands stand- up
- Backward roll
- Tripod balance
- Wall walk to handstand, roll out
- Kick up to handstand, on wall
- Open handstand
- Cartwheel

## Mushroom/Pommel Horse

- 1/4 Walk Around - 3 second hold

## Still Rings

- Straight body hang - 10 seconds
- Tuck hang - 5 second hold
- Swings: straight body, 5 swings, straight body, drop w/safe landing
- Chin up with spot, 3 second hold, lower with control
- Ring sequence #1
- Flip arounds - forward & fackward on low rings
- Candlestick hold, on low rings - 10 second hold

## Vault

- Arm Circle, Straight Jump
- Hurdle, Arm Circle, Straight Jump
- Rebounds
- Hurdle off Trapezoid, Arm Circle, Straight Jump
- Run, Arm Circle, Straight Jump
- Arm Circle, Tuck Jump - Introduction

## Parallel Bars

- Straight body support hold, 5 seconds
- Tuck body support hold, 5 seconds
- 5 small swings
- 3 swings to front straddle support
- Walk forward across parallel bar
- Parallel bars sequence #1

## Horizontal Bar

- Front support, 3 casts & 3 push ups
- Pull-over with block
- 1/2 Turn on high bar
- "Skin the Cat" on low bar
- 3 chin-ups
- Candlestick hold - 3 seconds
- Forward roll dismount, controlled
- Traverse high bar, drop w/safe landing

## Gym Safety Skills

- Safe landing position
- Follow 3-5 step instructions
- Work independently at stations
- Take turns
- Stays with class

