

# Advanced Preschool - Spring B

## Week 2/4

### Warm-up - 2 minutes

1. 1 lap running
2. 1 lap skipping
3. 1 lap running forward with large arm circle

### Lanes - 3 minutes

1. High kicks down and back - arms straight, out to sides
2. A. Back kick - supporting leg straight, not leaning forward - Back  
B. Step, present - down

### Stretching/Flexibility - 10 minutes

#### Floor - 12 minutes

1 minutes per station - 3x thru

1. Lane 1 - Panel mat Forward Roll - gymnasts rolls on panel mat, finishes sitting at the end with feet on floor, stands
2. Lane 2 Red Cheese - back roll
3. Lane 3 - leaps over targets on floor line
4. Lane 4 - Cartwheel on feet/hand cartwheel mat

## Beam - 12 minutes

1 minute each station/3x thru

1. Short low beam - Bunny hops on low beam with feet together
2. French fry - step, leap over target
3. Medium beam - assisted fwd walks, teach proper mount
4. Floor line - Releve kicks on line

## Conditioning 5 minutes

*Week 2*

*30 seconds each, 1x through*

1. Frog jumps
2. Bear crawl
3. Plank
4. Push-ups
5. Plank
6. Boat pose hold
7. Push-up
8. straddle leg lift
9. C-curve sit up
10. Plank hold

*Week 4*

*30 seconds each, 1x through*

1. Frog jumps
2. Bear crawls
3. Plank
4. Diamond push-up
5. Plank shoulder taps
6. Boat pose
7. Reg. push-ups
8. Side leg lifts - R
9. Side leg lift - L
10. Sit ups

## Game - 10 minutes