

Preschool -Spring B-Week 1/3

Warm-up - 2 minutes

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

Lanes: 3 minutes - FORM!!

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

Vault and Jumps - 10 minutes - 1 minute each station/2x

1. Step hop down lane (teaching skipping)
2. Run to cheese against wall
3. Hopscotch
4. Run jump to squat on, onto block
5. Round small tramp - 5x jumps

Bars - 10 minutes

1. P-bar - chin hold
2. Strap bar - swing on bar
3. Training bar- Front Support, casts, looking at toes- 3x

Conditioning 5 minutes

Week 1

30 seconds each, 1x through

1. Frog jumps
2. Bear crawls
3. Plank
4. Reg. push-ups on knees
5. Side leg lifts - R
6. Side leg lift - L
7. Sit ups
8. High knees

Week 3

30 seconds each, 1x through

1. Push ups
2. Double leg mnt climber
3. Glute bridges
4. sit ups
5. Plank hold
6. Table hold
7. Little arm circles forward
8. Little arm circles backwards

Game - 5 minutes