**PIKES IN PAJAMAS WEEK**



**1-YELLOW SLIDE CIRCUIT**

Climb up and slide down

Climb up and down the stairs

Walk over the stones

Bunny Hops

Walk up the beam

Lever Touches

Cartwheel\*\*\*

**2-OTHER PARENT/TOT CIRCUIT**

Bar-walk feet up the wall

Climb the stairs

Trustfall or jump\*\*\*

Balance Board

Releve

Climb the ladder

Forward roll

Passe hold

3 jumps

Releve through the cones

**3- TINY CIRCUIT**

Cartwheel\*\*\*

Climb the ladder

Jump up onto block

Through the tunnel

Forward roll

Spiderwalk

Pike/vsit hold

**4-TUMBLE TRAK**

Straight Jumps

Pike Jumps

Seat Drops

**5- SMALL BEAMS**

Kicks

Bunny Hops

Sideways-I’m A Little Teapot

Releve

Humpty Dumpty tree falls-into pit

**6- BEAMS**

Releve or kick on beam

Stick dismount

Tuck or pike hold on PBars

Climb over mountain

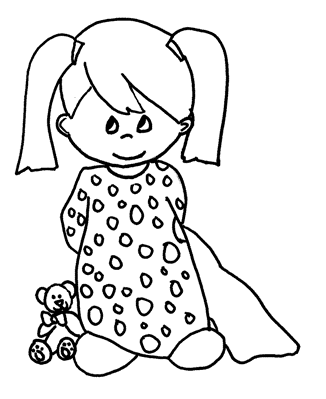
Pike roll

Front support

BSR

**7-BARS**

N/A



**8-RED SLIDE CIRCUIT**

Up the stairs-down the slide

Table Top walks

Swim across the pit

Jump side to side

Cartwheel\*\*\*

Scooters-backwards-use only hands

Walk up the wall pullover

Crawl under tunnels

**9-AGAINST THE WALL**

Sideways Bearcrawls

Jump-hands down then pike on

Pike roll

Jump on beam

Sideways jumps

Walk feet up the bar

Jump into the tunnel

Walk down the beam

L/pike hold

Climb up and down rock wall

**YELLOW SLIDE CIRCUIT**

Climb up and slide down

Climb up and down the stairs

Walk over the stones

Bunny Hops

Walk up the beam

Lever Touches

Cartwheel\*\*\*

**OTHER PARENT/TOT CIRCUIT**

Bar-walk feet up the wall

Climb the stairs

Trustfall or jump\*\*\*

Balance Board

Releve

Climb the ladder

Forward roll

Passe hold

3 jumps

Releve through the cones

**TINY CIRCUIT**

Cartwheel\*\*\*

Climb the ladder

Jump up onto block

Through the tunnel

Forward roll

Spiderwalk

Pike/vsit hold

**TUMBLE TRAK**

Straight Jumps

Pike Jumps

Seat Drops

**SMALL BEAMS**

Kicks

Bunny Hops

Sideways-I’m A Little Teapot

Releve

Humpty Dumpty tree falls-into pit

**BEAMS**

Releve or kick on beam

Stick dismount

Tuck or pike hold on PBars

Climb over mountain

Pike roll

Front support

BSR

**RED SLIDE CIRCUIT**

Up the stairs-down the slide

Table Top walks

Swim across the pit

Jump side to side

Cartwheel\*\*\*

Scooters-backwards-use only hands

Walk up the wall pullover

Crawl under tunnels

**AGAINST THE WALL**

Sideways Bearcrawls

Jump-hands down then pike on

Pike roll

Jump on beam

Sideways jumps

Walk feet up the bar

Jump into the tunnel

Walk down the beam

L/pike hold

Climb up and down rock wall