BACKWARDS & UPSIDE DOWN WEEK

\*\*\*Skills in ( ) are upper level alternatives-ages 4 &5

**YELLOW SLIDE CIRCUIT (ages 1-3)**

Climb up and slide down

Jump together and apart

Front support\*\*\*

Climb down the ladder

Walk over barriers

Backwards walk

Fall into donut

**CORNER CIRCUIT (ages 1-3)**

Scooters- put scarf in lap and scoot down

Drop scarf into bucket

Take scooter back

Walk up the wall pullover\*\*\*

Jump up

Through the tunnel

Balance on one foot

Climb up mountain

Spiderwalk

Walk down the beam

**OTHER SMALL CIRCUIT (ages 1-3)**

Walk or jump up

Climb down the ladder backwards

Jump stick

Lay on bac on rollie-backward roll\*\*\*

Bearcrawl up the beams

Through the tunnel

Forward roll

Jump up

Bunny hops on beam

**TUMBLE TRAK CIRCUIT**

Spiderwalk

Jumps on the trak

Under the tunnel

Forward roll (backward roll)\*\*\*

Backwards walks

Roll back on the mat

**SMALL BEAMS**

BSR

Different walks down the beam

Jump onto green mat

Forward roll

Climb out of pit

Superman

½ donut-lay down, pizza hands, flip\*\*\*

**AGAINST THE WALL CIRCUIT**

Front support (forward roll)

Skin the cat (high bar)\*\*\*

Hands down-jump to straddle

Forward roll (straddle roll)

Lever touches (add a hop)

Tabletop (bridge)

Walk with feet out

Jump stick dismount

Jump tada

**EXTRA**

**Work on rock and pops**

**Pizza hands**

**Bridges**

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