

SUPERBOWL WEEK

**YELLOW SLIDE CIRCUIT**

Climb the mountain\*\*\*

Slide Down

Up the ladder

Throw a touchdown

Bunny hops

Forward roll

All Star jumps 3x

Walk through the hoops

Under and over obstacles

**OTHER PARENT/TOT CIRCUIT**

Up the steps

Walk across the stones

Walk around and down beam

Lever touches OR frog jumps

Fine motor-pinchers and poms

Cartwheel\*\*\*

Peek & Do 2x

Hang and drop ball in bucket w/ feet

**TINY PARENT/TOT CIRCUIT**

Balance Board

Releve with Bean Bag

Throw a touchdown

Twist and turn in Frisbees

Spiderwalk

Bird Soldier Rocket

Bunny hops

Walk down the beams

**TUMBLE TRAK CIRCUIT**

N/A

**SMALL BEAMS**

Bird Soldier Rocket

Walk across the beam

Jump Freeze

Forward Roll

Popcorn 3x

Hands down-jump L & R

High knees in hoops

**BARS**

N/A

**RED SLIDE CIRCUIT**

UP the Slide

DOWN the stairs

Sideways Bearcrawls

Pullover\*\*\*

Walk through ladder

Jumps up/down 3x

Straddle roll

BSR

Lever touches

Lay down-feet up wall

Walk across beam

Releve across beam

**AGAINST THE WALL**

Up the stairs

Hang-Put block in bucket with feet

Pike Roll

Back bend\*\*\*

Tabletop

Spiderwalk

Front Support Casts 3x

Grab a cone

BEAM-Step on all red feet

Throw a touchdown

Climb the mountain\*\*\*

Slide Down

Up the ladder

Throw a touchdown

Bunny hops

Forward roll

All Star jumps 3x

Walk through the hoops

Under and over obstacles

Up the steps

Walk across the stones

Walk around and down beam

Lever touches OR frog jumps

Fine motor-pinchers and poms

Cartwheel\*\*\*

Peek & Do 2x

Hang and drop ball in bucket w/ feet

Balance Board

Releve with Bean Bag

Throw a touchdown

Twist and turn in Frisbees

Spiderwalk

Bird Soldier Rocket

Bunny hops

Walk down the beams

Bird Soldier Rocket

Walk across the beam

Jump Freeze

Forward Roll

Popcorn 3x

Hands down-jump L & R

High knees in hoops

UP the Slide

DOWN the stairs

Sideways Bearcrawls

Pullover\*\*\*

Walk through ladder

Jumps up/down 3x

Straddle roll

BSR

Lever touches

Lay down-feet up wall

Walk across beam

Releve across beam

Up the stairs

Hang-Put block in bucket with feet

Pike Roll

Back bend\*\*\*

Tabletop

Spiderwalk

Front Support Casts 3x

Grab a cone

BEAM-Step on all red feet

Throw a touchdown