**Wild West Week**

**YELLOW SLIDE CIRCUIT**

Climb up and slide down

Arabesque or Passe hold

Spiderwalk

Donkey kicks

Climb across ladder f or B Roll \*\*\*

Climb up

Straddle scoot

Ride the horse

**PARENT/TOT CIRCUIT**

Sideways bearcrawls

Walk on stones

Up the beam

Through the tunnel

Tabletop

Under tunnels

Spiderwalk

3x jumps

Lever touches

**PARENT/TOT CIRCUIT**

Bar-walk feet up wall

Up and down stairs

TaDa

Walk over stars

Forward roll UP mat

Cartwheel\*\*\*

Hop down

Jump-together apart

**TUMBLETRAK**

Bird/Soldier/Rocket

Cartwheel\*\*\*

Crawl under

Beam- jump over

TaDa on sheriff’s badge

Bar-Walk feet up wall

Spiderwalk

Tuck jumps

**LOW BEAMS**

Grasshoppers

Walk like a horse

Sideways-hands on hips like the Sheriff

**BARS**

**N/A**

**RED SLIDE CIRCUIT**

Arabesque on beam

Forward roll

Spiderwalk on bar

Lay on back and walk feet up red pole-pushing bottom off ground

Up the stairs

3 swings and drop

Bearcrawls

Backwards roll\*\*\*

Up the stair

Down the slide

Rings-toes to the sky

Straddle scoot across horse

**AGAINST THE WALL**

Walk feet up the wall

Cartwheel\*\*\*

Arabesque

Run BSR

Freeze

Jump up & down

Crawl across ladder

Monkey bars

Spiderwalk on red pole

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