

10 minutes: Warmup games

5 minutes: Conditioning (push-up circle, wall sit 1 minute, 20 box jumps, 20 dips)

5 minutes: Stretch

5 minutes: Vault warmup (do all vaults twice)

- Step through
- Speed vault
- Cat Pass
- Dash vault
- Reverse vault
- Cash vault
- Lazy vault
- Shoulder roll
- Dive roll

15 minutes: Lines

- Create a circuit/direction ready at the start of class that the kids have to follow with at least 10 skills. Skills can include precisions, vaults, laches, rolls, strides, wall tricks and flip skills.
- Go through each section of the course one skill at a time and get kids to go through it to make sure technique of the individual skills is good.
- Run through whole course as a group 3 times assisting where needed.
- Do one final run through one by one and give them feedback on their flow and skill execution.

10 minutes: Wall climbs

- First find a small wall and work through climb up techniques from dead hang (climb up from dead hang passes through cat hang, cast and cat pass positions. No knees or elbows to climb up). Each kid should have 2-3 turns at trying a full climb up.
- Find a wall that will be challenging for the kids to run up and get them to attempt the wall climb one at a time. Make sure if they catch the top, they finish with a climb up.

5 minutes: Height drops

- Find a wall about head height for kids to jump off to practice their roll from height drops.
- Either use a small mattress or no mattress while doing this exercise. Be sure to explain what body parts need to avoid hitting the ground and the 90 degree rule.

5 minutes: Warm down and stretch