

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

10 minutes: Line Building

- Run line building as a game of add-on. Start in one spot and one by one the kids do one single skills and add one move to the line until everyone has gone through and there are multiple skills in one line.
- Practice the line as a group and then give feedback to the line they created. If you have time, tweak the line to make a more creative/flowing line and practice new line as a group.

30 minutes: Style Competition

- Kids have 15 minutes to come up with a line to show the group at the end of the time. They will be judged on Flow, Execution and Difficulty. Explain what these things are and how they can get maximum points while creating their line. Line is a maximum of 30 seconds.
- While the kids are starting to create their lines, write out a score sheet with everyone's names. Each section gets a max of 5 points, a total of 15 all up.
- Help kids for the remainder of the time to perfect their lines or help anyone who is stuck.
- Get kids together well out of the way of any equipment that could be used. Kids have 30 seconds to move any boxes for their line that may have been moved by someone else, then they can get into their start position and start.
- Judge scores at the end of their run while the next person is getting into position.
- At the end either add up the scores or hold onto them and tell them the following week.

5 minutes: Warm down and stretch