

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: Cat hang

- Set up a tall box 1 meter away from head height wall for cat hangs.
- Explain cat hang and bounce back techniques
- First get everyone to do 2 bounce backs and then move onto cat hang, moving the take off box back each time.
- End with showing 2-3 cat hang challenges and give kids 5 minutes to complete them.

10 minutes: Flip Work

- Set up a mat beside a wall or box that is about hip height for websters. Explain the move and then get them to attempt it. If they're having troubles you can either spot them or start them off with split leg dive rolls. If anyone is landing easily, send them to another box with a smaller mat or remove the mat completely.
- Use same set up to run through side flip
- If advanced enough, run through back flips with light spotting.

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: Speed runs

- Speed runs should be timed from A-B one by one. Wigram is from the roof window to the end wall platform. Rolleston is a straight line through the side closest to the wall.

5 minutes: Warm down and stretch