

Mount/Dismount part 3 Week

Equipment: Bars, tumbling equipment (mailbox, barrel, rainbow, etc), 3+ cones, parallettes,

(4 Minutes) Introduction: go over again what a mount and dismount is as well as safe landings, review tuck/straddle/pike/butterfly/vsits.

(12 Minutes) tumbling equipment

- 1) Back limber to tuck jump
- 2) Galloping/skipping cartwheel over the equipment
- 3) Handstand against equipment-more advanced kids can try to front limber over the equipment out of the hand stand

Side activities: tuck jumps on dots, gallop/skip practice zigzagging through cones, pony kicks on the flat mat (not parallettes)

(12 Minutes) Bars

- 1) (high bar) Jump to tuck swing mount, try to pull feet up (still in tuck) and stretch toes open to inverted straddle, swing toes out and down in sole swing dismount
- 2) Jump front support mount, cast 3x and forward roll dismount
- 3) Back hip pullover mount, side toe taps, cast dismount with safe landing

Side activities: leg lifts (lay flat with hands at sides and slowly lift legs in pike up and down), tuck ups (lay flat with hands straight over head and tuck knees up to belly and roll even higher trying to get knees up to chin), using a parallette walk feet back until in a hollow body and while balancing bring one leg/toe up to tap the floor next to the parallette and then put it back and try with the other foot.

(5 Minutes) Ending Activity: (Downward dog) Tunnel Race-can be done in one group or can divide into two groups and race each other. Have everyone line up next to each other and bend down into a downward dog position (hands down a bit in front of feet and legs straight so booties are high up) making a tunnel. The kid at one end will get down and crawl through the tunnel to the end and pop up back into downward dog to make the tunnel. Set a destination spot or keep going until everyone has gone through a time or two.

Last couple of minutes should be used for stamps etc