

Stretch/Strength/Acro III

October

Abdominals and Aerials

- 1 Core exercises build abdominals and other core muscles.
- 2 Abdominal crunch.
- 3 Bridge.
- 4 Single-leg abdominal press.
- 5 Single-leg abdominal press variations.
- 6 Double-leg abdominal press.

Team bonding stretching/strengthening activity

Aerials vs one handed cartwheel beginnings

- legs/ shoulder width apart
- proficient momentum
- steps are even and controlled
- dominant leg vs wind
- launching leg bent vs hands

Stations-

Cooperative learning with inner courage

Music: "Hamilton"