**Stellar Academy Timetable – Monday 18th May**

**9.00-9.05\* =** **Run, skip, chasses inwards, chasses outwards, chasses in and out – all for minute.**

**9.05-9.20\* =** [**https://youtu.be/h31UFk0QmUA?t=73**](https://youtu.be/h31UFk0QmUA?t=73) **Stretch/Mobility**

**9.20-9.30\* = Basics/Lines.** Forward roll to pike sit, fold with pointed toes, sit up and pull feet, fold with flexed feet x4 🡪 Forward roll to straddle, turn to splits, splits, swim through drag to pike fold x4 🡪 Drop back to bridge stand up, drop back to bridge lift leg x 3, other leg x3, kick to roll out x 3 🡪 Handstand to bridge stand up, tick tock x3.

**9.30-9.50\* = Vault from Week 9 (Vaulting Power 1)**

**9.50-10.10\* = Floor from Week 9 (Polishing Floor 1)**

**10.10-11.00\* = Lesson 1**

**11.00-11.15\* = BREAK TIME**

**11.15-12.05\* = Lesson 2**

**12.05-12.35\* = Lesson 3 Creativity**

**12.35-13.05\* = LUNCH BREAK (Help make food AND wash up!)**

**13.05-13.35\* = Lesson 4 PE/Fitness. Any sporting/Fitness activity that is NOT gymnastics.**

**13.35-14.25\* = Lesson 5**

**14.25-15.15\* = Lesson 6**

**15.15-15.20\* =** <https://youtu.be/ElEfrRh3Fj0> **Stretch out**

**15.20-15.40\* = Monday Testing.**

**15.40-16.00\* = Beam from Week 9 (Polishing Beam 1)**

**16.00-16.15\* = Challenge Stretch to music – really start to polish it and know it by heart!**

**16.15-16.30\* =** <https://youtu.be/kd5ch2UvhJQ?t=57> **Conditioning**