**Stellar Academy Timetable - Wednesday 22nd April**

**9.00-9.10\* =** [**https://youtu.be/kAXg3cM0UCw**](https://youtu.be/kAXg3cM0UCw) **Cardio Warm Up**

**9.10-9.20\* =** [**https://youtu.be/-YQYCkGjBbI**](https://youtu.be/-YQYCkGjBbI) **Quick Stretch Out**

**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\* = Beam from Week 1 (Handstands)**

**9.50-10.10\* = Bars from Week 2 (Swing Shapes)**

**10.10-11.00\* = Lesson 1 e.g. English**

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

**11.15-12.05\* = Lesson 2 e.g. Maths**

**12.05-12.35\* = Lesson 3 Creativity e.g. Drawing**

**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 e.g. Geography**

**14.25-15.15\* = Lesson 6 e.g. History**

**15.15-15.25\* =** [**https://youtu.be/saW\_neZ\_Lds**](https://youtu.be/saW_neZ_Lds) **Ballet. Break down into bits and copy.**

**15.25-15.40\* =** [**https://youtu.be/YQQBUMqC2EQ**](https://youtu.be/YQQBUMqC2EQ) **Focused Flexibility.**

**15.40-16.00\* = Vault from Week 1 (Arm Circle and Jump)**

**16.00-16.20\* = Floor from Week 2 (Cartwheels and Round Offs)**

**16.00-16.30\* = Today’s Conditioning (Repeat 1-2x)**