**Stellar Academy Timetable – Friday 24th April FRIDAYS ARE FOR DANCING**

**9.00-9.05\* = Skipping rope or bouncing. 60 jumps -> 20s rest -> 45 jumps -> 15s rest -> 30 jumps**

**9.05-9.15\* =** <https://youtu.be/xQk08J8e-RM> **Stretch**

**9.15-9.45\* = Choreo “The Greatest Show”** [**https://youtu.be/F\_q9fFOi5Yo**](https://youtu.be/F_q9fFOi5Yo) **Tutorial (music in description)**

**9.45-10.05\* = Beam from Week 2 (Cartwheels)**

**10.05-10.55\* = Lesson 1 e.g. English**

**10.55-11.10\* = BREAK TIME**

**11.10-12.00\* = Lesson 2 e.g. Maths**

**12.00-12.30\* = Lesson 3 Creativity e.g. Drawing**

**12.30-13.00\* = LUNCH BREAK (Help make food AND wash up!)**

**13.00-13.30\* = Lesson 4 PE/Fitness. Any sporting/Fitness activity that is NOT gymnastics.**

**13.30-14.20\* = Lesson 5 e.g. Geography**

**14.20-15.10\* = Lesson 6 e.g. History**

**15.10-15.15\* =** <https://youtu.be/kGsMeQZujXg> **V. quick Stretch out. 30s overstretch splits on all legs after.**

**15.15-15.35\* = Vault from Week 3 (Fast Legs/Feet).** [**https://youtu.be/jtHKjqb13L8**](https://youtu.be/jtHKjqb13L8) **Try adding in these too!**

**15.35-15.55\* = Floor from Week 3 (Split Leaps/Change Legs)**

**15.55-16.10\* = Conditioning** [**https://youtu.be/jPZCeBoXOSQ**](https://youtu.be/jPZCeBoXOSQ) **->** [**https://youtu.be/jVzVfLNIVCk**](https://youtu.be/jVzVfLNIVCk) **->** [**https://youtu.be/RSq6zuAEIzs**](https://youtu.be/RSq6zuAEIzs)

**16.10-16.30\* = Cool down** [**https://youtu.be/8GL73mrsvJ8**](https://youtu.be/8GL73mrsvJ8)

Enjoy your weekend!