**Monday 16.00-17.00**

**Lead:** Vicki

**Week 1 Theme:** HANDSTANDS

**Warm Up Area:** Green Spots (aim to finish Warm Up by 16.25)

**Week 1 Apparatus:** Floor and Bars

**Apparatus Time:** 15 mins per Apparatus.

1 minute to explain. 45-50 seconds to work per station. 15 seconds to clean hands and key areas per station.

*If there are less than 8 in a group REMOVE a station for every person missing and increase working time.*

**Apparatus Working Area:**

Bars = Any Floor = Blue spot area

**Apparatus Coaches:** Eloise and Hannah D

**Lead Dismiss:** 17.55

**Monday 16.30-17.30**

**Lead:** Vicki

**Week 1 Theme:** HANDSTANDS

**Week 1 Apparatus:** Floor and Bars

**Apparatus Time:** 15 mins per Apparatus.

1 minute to explain. 45-50 seconds to work per station. 15 seconds to clean hands and key areas per station.

*If there are less than 8 in a group REMOVE a station for every person missing and increase working time.*

**Apparatus Working Area:**

Bars = Any Floor = Blue spot area

**Lead Dismiss:** 17.25

**Monday 17.00-18.00**

**Lead:** Vicki

**Week 1 Theme:** HANDSTANDS

**Warm Up Area:** Green Spots (aim to finish Warm Up by 17.25)

**Week 1 Apparatus:** Floor and Bars

**Apparatus Time:** 15 mins per Apparatus.

1 minute to explain. 45-50 seconds to work per station. 15 seconds to clean hands and key areas per station.

*If there are less than 8 in a group REMOVE a station for every person missing and increase working time.*

**Apparatus Working Area:**

Bars= any Floor = Blue spot area

**Apparatus Coaches:** Eloise and Hannah D

**Lead Dismiss:** 17.55

**Monday 17.30-18.30**

**Lead:** Vicki

**Week 1 Theme:** HANDSTANDS

**Warm Up Area:** Green Spots (aim to finish Warm Up by 18.00)

**Week 1 Apparatus:** Beam and Vault

**Apparatus Time:** 15 mins per Apparatus.

1 minute to explain. 45-50 seconds to work per station. 15 seconds to clean hands and key areas per station.

*If there are less than 8 in a group REMOVE a station for every person missing and increase working time.*

**Apparatus Working Area:**

Bars = any Floor = Blue spot area

**Apparatus Coaches:** Eloise and Hannah D

**Lead Dismiss:** 18.30