**Home Training Plan**

**Week 6**

**FLOOR**

**Theme:** Handsprings Approx. 20 mins

**Activities**: : 1) **Lunge, T, Lunge x4. 2) Dish hold 20s 3) Arch hold 20s. 4)** Arched handstand against wall for 15s 5) Stand with back to wall, step forward. Arms by head arch back so hands touch wall and stand up again (looking at ceiling at end) x5 **= Circuit 2x**

**1) Fast needle kick to lunge x8 each leg. 2) Shoulder shrugs holding weights x10. 3) In lunge holding weights swing arms to head and down x 10 = Circuit 2x**

**1) Jump, hurdle, freeze in lunge (arms to head pointing forwards) x5. 2) 3 steps, hurdle, freeze in lunge x5. 3) Lunge, long reach into kick to handstand fall to front support drop x5. = Circuit 2x**

**1) Jump , hurdle forward walkover x8 2) Small run forward walkover x6. 3) Small run handspring to two feet x4.**

**VAULT**

**Theme:** Improving Consistency (find somewhere you can run 12m or more) Approx. 20 mins

**You’ll need someone to shout ‘go’ and to time you**

**Activities:** 1) **Sprint when they shout go, record your time.** 2) **Start facing the wrong way turn and sprint when they say go, record.** 3) **Start laying on your front with head towards the finish line, sprint when they say go, record.** 4) **Start laying on your front head away from the finish line, sprint and record.** 5) **Start laying on your back head away from finish line, sprint and record.** 6) **Start laying on your back head towards finish line, sprint and record.**

**Repeat the above exercises remembering the key techniques of a fast run (run on toes/high knees/chest up/fast arms) and aim to beat your score from the first round. Keep hold of your scores as we may do this again in the future!**

**BARS**

**Theme:** Cast Handstand and Pirouettes Approx. 20 mins

**Activities:** 1) Open front support hold 20s. 2) Kick to handstand slowly straddle down x5. 3) Open front support in a star shape 20s. 4) Kick to handstand slowly pike down x5. 5) Straddle to handstand (can bend knees and push) x5. 6) Pike to handstand (can bend knees and push) x5. 7) Straddle to handstand from kneeling x5. 8) Hold a handstand against a wall, lift one hand off and touch head or thigh x4 each arm. **= Circuit 2x**

Handstand Pirouette technique… <https://youtu.be/IlzoGHNysT4>

1) Using a line on the floor (acting as a bar) start on hands and knees. Turn one hand so fingers face knees, keep that hand still while you move your other hand next to it and crawl yourself round so you are in the same position you started but the other side of the line. Practice this with both hands several times. Decide which hand feels best. 2) Kick up to handstand on a line and turn first hand only x5. 3) Start on hands and feet, turn first hand and kick up to handstand and ½ turn so your other hand moves to match the first hand x5. 4) Kick up to handstand move the first hand and the second to complete ½ a pirouette. 5) After you’ve mastered the ½ try to repeat the hand movements to make a full pirouette x5. 6) See how many pirouettes you can do in one handstand.

**BEAM**

**Theme:** Spins (on line or beam) Approx. 20 mins

**Activities:** 1) **Hands on hips, lift to releve on single leg x10 (other foot is by knee) each leg** 2) **Hands on hips, lift to releve on single leg and hold for 10s(other foot is by knee) each leg.** 3) **Standing in single leg balance (other foot by knee, arms in crown above head) lift to high releve and hold for as long as possible x2 each leg**. 4) **Preparation lunge with one arm in front, step back leg up to releve (arms move to crown), briefly hold releve and step through to finish x 4 each leg.** 5) **Standing in single leg balance (other foot by knee, hands on hips or by sides) lift to releve to make a ¼ turn four times to finish x.** 6) **Standing in single leg balance (other foot by knee, hands on hips or by sides) lift to releve to make a ½ turn two times to finish x4**

The below must “stay on” to count

1) ½ Spin x4 2) **Full spin x4** 3) Full spin step out into ½ spin on other foot x4 4) Full spin step out into full spin on other foot x4