


GYMNASTICS CAMP STRUCTURE



	0900-0915	0915-1045 SESSION 1	1045-11	1100-1230 SESSION 2	1230-1315	1315-1445 SESSION 3	1445-1500
Monday 	REGISTRATION	Introductions <ul style="list-style-type: none"> Gymnastics Warm Up Games Stretching & Floor Skills 	BREAK	Parachute Games Equipment Stations Introduction to skills on Bar, Beam, Floor and Vault	LUNCH	Begin Display Routine Incorporate partner balances and transitions Obstacle Course to finish	COOL DOWN & SIGN OUT
Tuesday	REGISTRATION	<ul style="list-style-type: none"> Gymnastics Warm Up Games Stretching and Agility Tumble Skills 	BREAK	Skill Challenges Equipment Stations Progressions on Bar, Beam, Floor and Vault	LUNCH	Display Routine Recap and add on to routine incorporating tumble skills learned. Skill Based Games to finish	COOL DOWN & SIGN OUT
Wednesday	REGISTRATION	<ul style="list-style-type: none"> Warm Up Games (gymnastics related) Stretching and Agility Partner/ Counter Balances 	BREAK	Team Challenges/ Races Equipment Stations Progressions on Bar, Beam, Floor and Vault	LUNCH	Display Routine Add on to routine. Incorporate counter balances learned. Equipment Circuit to finish	COOL DOWN & SIGN OUT
Thursday	REGISTRATION	<ul style="list-style-type: none"> Warm Up Games (gymnastics related) Stretching and Agility Obstacle Course 	BREAK	Scavenger Hunt Equipment Stations Progressions on Bar, Beam, Floor and Vault	LUNCH	Display Routine Recap and finalise routine. Finalise positions and transitions. Talent Show & Fun Games to finish	COOL DOWN & SIGN OUT
Friday	REGISTRATION	<ul style="list-style-type: none"> Warm Up Games (gymnastics related) Stretching and Agility Skills Challenges 	BREAK	Skills Challenge Equipment Stations Progressions on Bar, Beam, Floor and Vault	LUNCH	Final Practice: Display Routine Equipment Obstacle Course	SHOW TIME & SIGN OUT