



## TERM PLAN AND DAILY STRUCTURE

### DAILY STRUCTURE

- Warm up game to get the blood pumping
- Group warm up and weekly theme activities
- Individual skills work
- Warm down and conditioning
- FREE TIME

### TERM PLAN + WEEKLY THEME

- Week 1 - Introduction and getting-to-know
- Week 2 - Trampoline Foundations
- Week 3 - Gymnastics Foundations
- Week 4 - Flip Rotation Development
- Week 5 - Twist Rotation Development
- Week 6 - Wall Skills
- Week 7 - Parkour
- Week 8 - Individual Skills
- Week 9 - Individual Skills
- Week 10 - Games and prize giving.

**WEEK 10  
DRESS UP!**

