

WARM-UP CARTWHEELS

Cartwheels require lateral movement, upper body strength, spatial awareness & flexibility.

RED CLASSES

Warm-up Song: Bean Bag Song (Hap Palmer) - use bean bags
After song explain and practice cartwheel progression cards - Let parents know the main focus will be practicing donkey kicks & monkey jumps for lateral movement for future cartwheels.

GREEN/YELLOW CLASSES

WARM-UP:

1. Play a fun, upbeat song that kids can dance or jump to while standing on their circle spots. (Zootopia, Shakira song “Try Everything” is a great one!
2. Pause the music four separate times. Each time you pause, choose one of the animal cartwheel progression cards to practice. (Keep in mind that RED class parents may need to physically assist their child with these progressions if needed.)
3. Have fun!



- Donkey Kicks = Hands down, kick one or both feet into the air.
- Monkey Jump = Hands on the ground, feet jump side to side, or “tik-tok” legs.
- Tiger Reach = Do one Monkey Jump, starting and finishing with arms high.
- Super Foot = Dp a Tiger Reach with 1 foot infront like a gymnastics lunge