

SOF RINGS & SWINGS

🔴 WARM-UP RED CLASS (Parent Child)

SONG: Tap Your Sticks (Hap Palmer) - use lummi sticks

ACTIVITY:

- Use Lummi Stick to practice “GRIP” by having parents hold the ends while child holds the center and parent lifts them - ***USE BOTH LUMMI STICKS AT SAME TIME FOR STRONGER SUPPORT AND TO AVOID STICK BREAKING***

BODY POSITION:

- **TUCK** position - practice a sitting tuck position with hands on knees saying, **“HUG & TUCK”**, for an easy way to remember. Also practice this position with arms high to prepare for a **TUCK** hang/swing on bars and rings at the obstacle courses.



TUCK Hang/Swing



PIKE Hang/Swing



Inverted PIKE Hang



GLIDE Hang/Swing

🟢 🟡 WARM-UP GREEN & YELLOW Classes

SONG: Wiggy Wiggles Freeze Dance (by Hap Palmer) - use scarves (optional)

BODY POSITION:

- **TUCK** position - practice a sitting **TUCK** position with hands on knees saying, **“HUG & TUCK”,** for an easy way to remember.
- **PIKE** position - practice a sitting **PIKE** position with arms stretched forward saying, **“I LIKE TO PIKE”**, for an easy way to remember. Also practice this position with arms high to prepare for a **PIKE** hang/swing on bars and rings at the obstacle courses.