

Head Instructor's Training Sheet

Month: 1

Beginner Tumble

Foundation:

Ensuring the chin is down, athletes are never landing on their head, hands on the floor, arms up at ears.

Week: 1

Supplies

Wedge, 2 panel mats, 2 cones and big hula hoop, 6 frisbees

Forward Rolls

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk ○ Butt Kickers 	15 Minutes Total	Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect How was your weekend? Are you excited for.... (back to school, the weekend, Halloween) Very little corrections are made in this module...only behavior issues.
Stations Module		6 stations/ 2 mins at each station <ul style="list-style-type: none"> ◆ Forward rolls down the wedge ◆ Candlestick holds ◆ Frog Jumps up to panel mat ◆ Crab Walks to cone ◆ Jumping Jacks in Big Hula Hoop ◆ Forward Rolls on panel mat 	15 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Group conditioning: Pass the Frisbee Pairing up athletes similar in size, have them sit feet to feet, laying on their back, doing sit up they pass the Frisbee back and forth.	14 Minutes Total	Keep this FUN ... maybe sign a song or say a chant or talking about an upcoming event or holiday.
Class Closing		<input type="checkbox"/> Use this time to go over any special news, things to do at home ect.	1 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: 1

Beginner Tumbling

Foundation

Ensuring chin is tucked in, hands are right next to the ears, flat on the mat .

Week: 2

Supplies

Wedge, , 2 red blocks, 2 cones, agility ladder, Frisbee, 2 push carts

Backward Rolls

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk ○ Butt Kickers 	15 Minutes Total	<p>“Who thinks that they have awesome training here at FUSION? Let’s get some energy going! Who’s ready to learn a great way to show your gratitude to your classmates? This is an OVATION!”</p> <p>Teach the OVATION – 2 claps and then “YOU ROCK”</p>
Stations Module		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Frog Jumps up to panel mat ◆ Forward Rolls down a wedge ◆ Bear Crawls w ladder ◆ Backward Rolls using red block ◆ Plank walks around red block or panel mat. 	20 Minutes Total	<p>Lots of high 5s, good jobs, and corrections.</p> <p>Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I’m proud of you!</p>
Group Module		<p>Group conditioning: Relay race, down and around a cone on a purple 4 wheel cart, students must sit the first time, and laydown the second time (if time allows)</p>	5 Minutes Total	<p>Keep this FUN ...cheer on the groups and keep it fun and exciting.</p>

Class Closing		<input type="checkbox"/> Use this time to go over any special news, things to do at home ect.	1 Minute	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!
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Head Instructor's Training Sheet

Month: _1_

Beginner Tumbling

Foundation
Ensuring proper head and hand placement.

Week: 3

Supplies:
Wedge, panel mat, agility ladder, red block, hula hoop

Review Forward and Backward rolls

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect</p> <p>How was your weekend? Are you excited for.... (back to school, the weekend, Halloween)</p> <p>Very little corrections are made in this module...only behavior issues</p>
Stations Module		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Forward Rolls down the wedge ◆ Frog Jumps up to panel mat ◆ Bear Crawls w ladder ◆ Backward Rolls using red block ◆ Plank walks around red block or panel mat. ◆ Jumping Jacks In Hoop 	20 Minutes Total	<p>Lots of high 5s, good jobs, and corrections.</p> <p>Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!</p>
Group Module		<p>Group Review :</p> <p>Everyone in an area where they can safely do a forward roll and backward roll without running into equipment, other athletes or classes.</p> <p>Reviewing both forward and backward rolls slowly and making corrections.</p>	9 Minutes Total	<p>Today we are going to review our Forward Rolls . Who remembers the starting position in a forward roll? Show me! Hands by ears, chin to chest, feet flat, knees bent.. Let's review Backward roll</p>

Class Closing	<input type="checkbox"/> Recap – Debrief <input type="checkbox"/> <input type="checkbox"/> Make Announcements <input type="checkbox"/>	1 Minute	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!
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Head Instructor’s Training Sheet

Month: _1_

Beginner Tumble

Foundation
Proper hand and head placement

Week: _4_

Supplies:
Wedge, Red Block, 2
Cones

Test FR & BR

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Who thinks that they have awesome training here at FUSION? Let’s get some energy going! Who’s ready to learn a great way to show your gratitude to your classmates? This is an OVATION!”</p> <p>Teach the OVATION – 2 claps and then “YOU ROCK”</p>
Station Module		<p>Review stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Forward Rolls down the wedge ◆ Forward Rolls on the floor – TEST ◆ Side to Side Line Hops ◆ Backward Rolls using red block ◆ Backward rolls on the floor –TEST ◆ Inch Worms between cones 	20 Minutes Total	<p>We’re gonna test on your skills progress so far!!This is a great way to help us know where you are at in the level. It also helps to build our skills and drills– now explain it...</p> <p>Anyone completing the skill with correct function and form can sign the wall!</p>

Group Module		<input type="checkbox"/> End this class with a game of Simon Says.... Using conditioning skills: Planks, squats, sit ups, push ups, jog in place, jumping jacks, crab walk, inch worm	10 Minutes Total	Keep this fun and fast pace, as some kids may be sad that they did not get to sign the wall in the test above.
Closing		<input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/>	5 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: _2_

Week: _1_

Handstands

Beginner Tumble

Supplies:
Cone, 2 panel mat, red block, wedge, hula hoop

Foundation
Proper hand and head placement

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect</p> <p>How was your weekend? Are you excited for.... (back to school, the weekend, Halloween)</p> <p>Very little corrections are made in this module...only behavior issues</p>

Station Module		6 Stations / 2 mins at each station ◆ Forward Lung touch the cone ◆ Plank walk around panel mat ◆ Lunge to Baby Handstand on red mat ◆ Laying Toe Touch (lay on back, feet up, reach up to touch toes) ◆ Hand Stands against the wall/mat ◆ Side to side Hops in Hula Hoop	20 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Panel Mat Races! Split class into 2 groups. Each team lines up in a straight line. One at a time, pushing the panel mat to one end of the floor, flipping it over and pushing it back.	10 Minutes Total	Keep this fun and fast pace cheering on both teams!!!
Closing		<input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/>	5 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: _2_	Beginner Tumble	Foundation Proper hand and feet placement while protecting the head and neck
Week: _2	Supplies: 4 cones, 4 domes	
Bridge up		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk 	15 Minutes Total	Who thinks that they have awesome training here at FUSION? Let's get some energy going! Who's ready to learn a great way to show your gratitude to your classmates? This is an OVATION!" Teach the OVATION – 2 claps and then "YOU ROCK"

		○ Prison Walk		
Station Module		Stations/ 2 mins at each station <ul style="list-style-type: none"> ◆ Bridge Marches (laying on their back, feet flat on the floor, push hips up, so the butt is lifted off the floor, then lift right foot, then left foot) ◆ Plank walk between cones ◆ Superman holds ◆ Bridge ups ◆ Diagonal Hopping(make and X) ◆ Foot Hold walk between cones 	20 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Plank over and unders. Pair athletes up, One planks, the other jumps over and goes under and repeats for 1 min. Then they switch. Repeat 3 times.	10 Minutes Total	Keep this fun and fast pace, encouraging all groups. WOW look at your hard work paying off, WOW you are really getting good at this.
Closing		<input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/>	5 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: <u>2-</u>	Beginner Tumbling	Foundation Ensuring proper head and hand placement, while protecting the neck and head
Week: <u>3</u>	Supplies: Wedge, agility ladder, red block, hula hoop	
Review Handstands & Bridge Ups		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees 	15 Minutes Total	Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect How was your weekend? Are you excited for.... (back to school, the weekend, Halloween) Very little corrections are made

		<ul style="list-style-type: none"> ○ Frankenstein Walk ○ Prison Walk 		in this module...only behavior issues
Stations Module		6 stations/ 2 mins at each station <ul style="list-style-type: none"> ◆ Hand Stands against a wall/surface ◆ Hopping on one foot thru agility ladder. ◆ Bridge Marches (laying on their back, feet flat on the floor, push hips up, so the butt is lifted off the floor, then lift right foot, then left foot) ◆ Lunge Kick ups on red block ◆ Plank walk around hula hoop ◆ Bridge Ups on floor 	20 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming next week. Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Group Review : Everyone in an area where they can safely do a hand stand and bridge up without running into equipment, other athletes or classes. Reviewing both handstand and bridge up slowly and making corrections.	9 Minutes Total	Today we are going to review our Hand Stands . Who remembers the starting position in a handstand? Show me! Arms by ears, lunge with feet facing forward.. Let's review Bridge up...show me the correct hand placement, what needs to push up?!
Class Closing		<ul style="list-style-type: none"> <input type="checkbox"/> Recap – Debrief <input type="checkbox"/> <input type="checkbox"/> Make Announcements <input type="checkbox"/> 	1 Minute	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: <u> 2 </u>	Beginner Tumble	<u>Foundation</u> Proper hand and head placement while protecting the neck and head
Week: <u> 4 </u>	Supplies: Wedge, Red Block, 4 Cones and at least 10 Frisbees	
Test handstand, bridge up		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
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<p>Class Opening</p> <p>WarmUp/ Stretching Module</p>		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	<p>15 Minutes Total</p>	<p>Who thinks that they have awesome training here at FUSION? Let's get some energy going! Who's ready to learn a great way to show your gratitude to your classmates? This is an OVATION!"</p> <p>Teach the OVATION – 2 claps and then "YOU ROCK"</p>
<p>Station Module</p>		<p>Review stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Hand Stands against wall ◆ Hand Stands on Floor – TEST ◆ Frog Jumps between cones ◆ Bridge Ups on floor- TEST ◆ Inch Worms between cones ◆ Bridge up on red block 	<p>20 Minutes Total</p>	<p>We're gonna test on your skills progress so far!!This is a great way to help us know where you are at in the level. It also helps to build our skills and drills– now explain it...</p> <p>Anyone completing the skill with correct function and form mark off their card</p>
<p>Group Module</p>		<ul style="list-style-type: none"> □ End this class with a game of Tags/Tops. Split in 2 groups... one is tops, one is tags. Spread Frisbees all over some with tags facing up, others with tags facing down. For 3 mins, they have to try and flip all them up to their teams tag or top.. repeat 2 times 	<p>10 Minutes Total</p>	<p>Keep this fun and fast pace, as some kids may be sad that they did not get to sign the wall in the test above.</p>
<p>Closing</p>		<ul style="list-style-type: none"> □ . Recap – Debrief □ Make Announcements □ 	<p>5 Minutes</p>	<p>All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!</p>

Head Instructor's Training Sheet

Month: 3

Beginner Tumbling

Foundation

Ensuring proper head and hand placement.

Week: 1

Supplies:

Wedge, panel mat, agility ladder, red block, hula hoop

Review Forward and Backward rolls

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect</p> <p>How was your weekend? Are you excited for: (back to school, the weekend, Halloween)</p> <p>Very little corrections are made in this module...only behavior issues</p>
Stations Module		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Forward Rolls down the wedge ◆ Frog Jumps up to panel mat ◆ Bear Crawls w ladder ◆ Backward Rolls using red block ◆ Plank walks around red block or panel mat. ◆ Jumping Jacks In Hoop 	20 Minutes Total	<p>Lots of high 5s, good jobs, and corrections.</p> <p>Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!</p>
Group Module		<p>Group Review :</p> <p>Everyone in an area where they can safely do a forward roll and backward roll without running into equipment, other athletes or classes.</p> <p>Reviewing both forward and backward rolls slowly and making corrections.</p>	9 Minutes Total	<p>Today we are going to review our Forward Rolls . Who remembers the starting position in a forward roll? Show me! Hands by ears, chin to chest, feet flat, knees bent.. Let's review Backward roll</p>
Class Closing		<ul style="list-style-type: none"> <input type="checkbox"/> Recap – Debrief <input type="checkbox"/> <input type="checkbox"/> Make Announcements <input type="checkbox"/> 	1 Minute	<p>All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!</p>

Head Instructor's Training Sheet

Month: _3-

Beginner Tumbling

Foundation

Ensuring proper head and hand placement, while protecting the neck and head

Week: 2

Supplies:

Wedge, agility ladder, red block, hula hoop

Review Handstands & Bridge Ups

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect</p> <p>How was your weekend? Are you excited for.... (back to school, the weekend, Halloween)</p> <p>Very little corrections are made in this module...only behavior issues</p>
Stations Module		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Hand Stands against a wall/surface ◆ Hopping on one foot thru agility ladder. ◆ Bridge Marches (laying on their back, feet flat on the floor, push hips up, so the butt is lifted off the floor, then lift right foot, then left foot) ◆ Lunge Kick ups on red block ◆ Plank walk around hula hoop ◆ Bridge Ups on floor 	20 Minutes Total	<p>Lots of high 5s, good jobs, and corrections.</p> <p>Very important to pre-frame the skills test coming next week. Keep practicing...you guys are starting to look superb! I'm proud of you!</p>
Group Module		<p>Group Review :</p> <p>Everyone in an area where they can safely do a hand stand and bridge up without running into equipment, other athletes or classes.</p> <p>Reviewing both handstand and bridge up slowly and making corrections.</p>	9 Minutes Total	<p>Today we are going to review our Hand Stands . Who remembers the starting position in a handstand? Show me! Arms by ears, lunge with feet facing forward.. Let's review Bridge up...show me the correct hand placement, what needs to push up?!</p>
Class Closing		<ul style="list-style-type: none"> <input type="checkbox"/> Recap – Debrief <input type="checkbox"/> <input type="checkbox"/> Make Announcements <input type="checkbox"/> 	1 Minute	<p>All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!</p>

Head Instructor's Training Sheet

Month: _3_

Beginner Tumble

Foundation

Week: _3_

Supplies:
2 Wedge ,3 Red Blocks

Proper hand and head placement while protecting the neck and head

Blast thru FR, BR, Handstand and Bridge

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Who thinks that they have awesome training here at FUSION? Let's get some energy going! Who's ready to learn a great way to show your gratitude to your classmates? This is an OVATION!"</p> <p>Teach the OVATION – 2 claps and then “YOU ROCK”</p>
Station Module		<p>Review stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Forward Rolls down the wedge ◆ Handstands against the wall ◆ Bridge up, feet on red block ◆ Backward roll down the wedge ◆ Hand stands on red block ◆ Bridge up on red block 	20 Minutes Total	<p>We're gonna test on your skills progress so far!!This is a great way to help us know where you are at in the level. It also helps to build our skills and drills– now explain it...</p> <p>Anyone completing the skill with correct function and form mark off their card</p>
Group Module		<p><input type="checkbox"/> Bunny Hop Races. Split class in 2 groups. Each person will bunny hop down the floor, to a star, and back to tag the next person. Once an athlete goes, they sit down in line. The first team to all be sitting is the winner. Repeat using different skills... backwards hop, wheel chairs, pike slides.</p>	10 Minutes Total	<p>Keep this fun and fast pace!!! Cheering on all teams!</p>
Closing		<ul style="list-style-type: none"> <input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/> 	5 Minutes	<p>All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!</p>

Head Instructor's Training Sheet

Month: 3

Beginner Tumble

Week: 4

Foundation

Proper hand and head placement while protecting the neck and head

Supplies:
4 cones

Test
FR/BR/Handstand/Bridge

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Who thinks that they have awesome training here at FUSION? Let's get some energy going! Who's ready to learn a great way to show your gratitude to your classmates? This is an OVATION!"</p> <p>Teach the OVATION – 2 claps and then “YOU ROCK”</p>
Station Module		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Hand Stands on Floor – TEST ◆ Frog Jumps between cones ◆ Bridge Ups on floor- TEST ◆ Inch Worms between cones ◆ Forward Roll on the Floor- Test ◆ Backward Roll on the Floor – Test 	20 Minutes Total	<p>We're gonna test on your skills progress so far!!This is a great way to help us know where you are at in the level. It also helps to build our skills and drills– now explain it...</p> <p>Anyone completing the skill with correct function and form mark off their card</p>
Group Module		<p>Game; Crab Walk Tag. Everyone moves about the floor like a crab... one person is it and try's to tag someone. If they get tagged, they are it.</p>	10 Minutes Total	<p>Keep this fun and fast pace, as some kids may be sad that they did not get to sign the wall in the test above.</p>
Closing		<ul style="list-style-type: none"> <input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/> 	5 Minutes	<p>All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!</p>