



Lesson Plan




BEGINNER/INTERMEDIATE WEEK 3

SKILL FOCUS : STRADDLE/SPLIT

warm-up-stretch

SAFETY CHECK at the beginning of class.
Take attendance.
Practice PANCAKE stretch as a group



floor

Stations:
Straddle jump off panel mat
Bridge up and hold 3 sec (Int- one leg up)
Handstand straddle hold at well
Cartwheel (or 3 skip cartwheel)

Teaching Tip:
Skipping is a great way to teach how to run, hurdle into a cartwheel

bars

Stations:
Straddle walk on 2 floor bar rails
Low bar sliders open-close feet
High bar straddle hang
Coaching Bar- front support with straight arm casts OR pullover with coach (Intermediate)

beam

GAME DAY: Partner activity
Set up two incline mats at the end of two brown low beams. Have then athletes use the beam 2 at a time to “race”

1. Walk to the end, climb onto wedge mat and crawl down
2. Run to the end of beam, step into a straddle stand and straddle roll down
3. Walk backwards, sit on end of the mat and back roll down

Before you rotate practice straddle jump to STICK IT off the end of the low beams. If they do this well they can move to the Nissen beam.

Trampolines!

Straddle jumps
Straight jump/Straddle jump pattern
Straddle forward rolls



Make sure your athletes know how to FREEZE or KILL THE BOUNCE by bending the knees.



Lesson Plan




ADVANCED & PREMIER WEEK 3

SKILL FOCUS : STRADDLE/SPLIT

warm-up-stretch

SAFETY CHECK at the beginning of class.
Take attendance.
Practice PANCAKE stretch as a group
Work on Straddle jump vs. Split jump as a group



floor

Stations:
Split jump off the side of a panel mat
Bridge, one leg in the air and hop OR
Backbend kickovers on NEMO
Cartwheel alongside the wall for looking under 2nd arm
Roundoff or Run, hurdle roundoff

Teaching Tip:
A hurdle should be low and low with the arms straight like “chopsticks” extended from the temples

bars

Stations:
Floor bar push-up, jump to straddle stand, fall to fanny
Low bar glide swings with diamond (straddle” shape
High bar straddle leg lift
Coaching Bar- Pullovers, back hip circles, or sole circle
dismounts spotted

beam

GAME DAY: Partner activity
Set up two incline mats at the end of two brown low beams. Have then athletes use the beam 2 at a time to “race”

1. Run to the end, dive roll down the incline
2. Pike single leg handstand feet on incline and then camel walk down the beam
3. Bridge up with feet on high end of incline and hands on beam to kickover
- 4.

Practice your swing to squat on the high beams as a group today.

Trampolines!

Straddle jumps with tight legs
Straight jump, split jump pattern
Non-dominant legs split jump



Make sure your athletes know how to FREEZE or KILL THE BOUNCE by bending the knees.