



Lesson Plan



BEGINNER/INTERMEDIATE WEEK 4

SKILL FOCUS: ARCH/HOLLOW

warm-up-stretch

SAFETY CHECK at the beginning of class.
Take attendance.
Hollow Hold (arms low, but not touching legs)
Arch Hold "Superwoman" with arm by ears



vault

Stations:
Punch jumps across the velcro line
Handstand hold with feet on Nemo
Straight jump off board
Wall sit with arms down to simulate the board

GAME: STATUE
Lunge hold for time with a pit block over head (count to 10 without moving), make sure toes are forward

bars


Stations:
Rail all the way down - jump to ninja block
Front support toe taps between ninja blocks
Glides under donut (hollow shape)
Hula hoop hollow rocks on floor

Game On!

Hang on a high bar. Throw blocks at your partner and they try to catch or kick with feet

beam

Stations!



1. Low beam raised on one side- incline walks
2. Carry a ball balanced on a frisbee across the beam (add pivot turn)
3. Bridge up over the foam beams (arch shape)
4. Mount and/or dismount with coach

the fun stuff!

Tumbl-trak or Trampoline play stick it! Hold those landing poses!
End class with stamp/sticker and positive feedback



Lesson Plan



ADVANCED/PREMIER WEEK 4

SKILL FOCUS: ARCH/HOLLOW

warm-up-stretch

SAFETY CHECK at the beginning of class.
Take attendance.
Hollow Hold (arms low, but not touching legs)
Arch Hold "Superwoman" with arm by ears



vault

Stations:
Handstand walks or hops across line
Nemo, kick to HS and then and fall to back
Jump to belly on green barrel and roll to handstand OR handspring over to back
Handstand hold with nose and toes to wall

GAME: STATUE
Handstand contest. Can you hold it long enough for your coach to put a hoop over your legs?

bars

Stations:
Rail all the way down - jump to ninja block straddle stand
Stem uprise to compression between ninja blocks
Glides under donut (hollow shape)
Sets of arch rocks and hollow rocks


Game On!

Hang on a high bar. Throw blocks at your partner and they try to catch or kick with feet

beam

Stations!

1. Low beam raised on one side- incline walks
2. Carry a ball balanced on a frisbee , leap or half turns
3. Bridge on foam beam OR kickovers
4. Mount and/or dismount with coach



the fun stuff!

Tumbl-trak or Trampoline play stick it! Hold those landing poses!
End class with stamp/sticker and positive feedback