



# Lesson Plan



ALL LEVELS WEEK 8

SKILL FOCUS: SKILL TESTING

**warm-up-stretch**

SAFETY CHECK at the beginning of class.  
 Take attendance.  
 This week we will check off skills. This is really labor intensive so be patient and remember that you may not get to every skill.

**vault**


GAME:  
 Start with a handstand contest, relay race or another fun group game to warm-up

SET UP:  
 Put a cheese mat, panel mat, spring board, 8 inch mat and NEMO on the floor. Let them have some open gym while you test them individually off to the side. If the little ones get restless give them ribbons or scarves to explore with while you test.

**bars**

Have the kids sit at one bar as a group. Test them one at a time on 2 skills.

Take a break, play a pit game, then return to the bar and finish the other 2 skills



Possible pit games:  
 Race across the pit, build a tower as tall as you, Handstand contest at the red wall, flips or rolls off the pit edge

**beam**

Set up 3 stations to keep them busy while you test skills on the Nissen beam one at a time. Older students can work skills independently if they are responsible enough to do that.

1. Carry bean bags across the beam and fill up a bucket on the other side
2. Forward rolls, cartwheels or handstands on a table beam
3. Roll a hoop or ball across the beam. It is easy to do this is you straddle the beam and walk on the floor. It is more challenging if you walk on top of the beam

**the fun stuff!**

Use your trampoline or tumbl-trak time to finish up testing on any student that is close to moving up. Don't forget to hand the move up card directly to the parent.

