



Lesson Plan



BEGINNER/INTERMEDIATE

WEEK 6

SKILL FOCUS : SPEED

warm-up-stretch

SAFETY CHECK at the beginning of class.

Take attendance.

Talk about what speed means (moving faster toward an object). When you stretch be sure to warm-up legs with jumping jacks or punching jump so they are ready to run fast

vault

Stations:

Running in place on top of NEMO

Bird-Soldier-Rocket from block to board to floor

Speed Ladder- run forward, in-in-out-out, punching forward

4 domino blocks, use them to practice jumping up and down in a row

Practice handstands as a group if time allows

bars

Stations:

Pit area- Run and long jump into pit

Low bar- front support and shoulder shrug (focus on tight elbows and knees)

Koala crawl under a chest high rail (sideways, hands and feet on bar)

Candlestick hold or spotted pullovers with coach



Be careful, keep your eyes on your toes so you don't throw your head back

beam

Group Lesson: Have the whole class sit down with their backs to the beam in a pike sit. Bend the elbow to make "corners". Swing the arms as if you are running and slowly count 1-2-3. Gradually speed up the count as they are able to swing with good form.

Walking complex:

Line up at ends of the beam and practice running across the beam with proper arm swing.

If time allows check the skill chart for the level of your class and practice a single skill that has been challenging for your class.

the fun stuff!

Sprints down the tumbl-trak or the air-floor into the pit. Give them corrections for their arm swing form.





Lesson Plan



ADVANCED/PREMIER WEEK 6

SKILL FOCUS : SPEED

warm-up-stretch

SAFETY CHECK at the beginning of class.
 Take attendance.
 If you have the vault runway or a line on the floor available do some partner sprints

vault

Stations: Continuous rotation
 3 burpees in a row on top of Nemo for leg strength and endurance
 Place the spring board in front of an 8" mat and practice front tucks onto the mat (if they are not ready for this do them into the pit)
 Speed Ladder- grapevine and diagonal patterns are more challenging
 Walk on your hands through, around or over the 4 domino blocks

Practice handstands as a group if time allows

bars

Stations:
 Pit area- HS on pit padding and block to back in the pit
 Low bar- Cast to straddle on with coach
 Mid- Size bar: Glide, return to stand, chin-up pullover
 Low bar: partner candlestick hold OR try back hip circles by your self
 Glide: make sure the hips are flat when they glide, no arch, no pike



beam

Group Game: Over/Under the beam, challenge them to go under with a shoulder roll and over with a flank (hands on top and swing the legs over the beam at the same time)

Walking complex:
 High beam walks just like the team kids, front-back-side-kicks with strong posture and working in releve if possible

If time allows check the skill chart for the level of your class and practice a single skill that has been challenging for your class.

the fun stuff!

Sprints down the tumbl-trak or the air-floor into the pit. Give them corrections for their arm swing form.

