



Lesson Plan



BEGINNER/INTERMEDIATE WEEK 1

SKILL FOCUS : LUNGE, HANDSTAND SHAPES

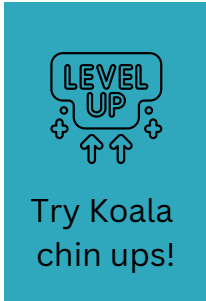
warm-up-stretch
SAFETY CHECK at the beginning of class. Take attendance.
Review LUNGE to prepare for Handstands. Make sure the front leg is bent and the back leg is straight.

floor
Stations:
Lunge hold with pit block
Tuck or pike handstand hold
PYRAMID cartwheels
Incline mat roll, pick up noodle
If time allows...
SHOW IT OFF
Take a few minutes to have the students show off their handstand
Give positive feedback and cheer for your classmates

bars
Stations:
Walk up red wall to handstand
Front support (cast) foam between feet
Straight hang, count to 3, drop dismount
Front roll dismount or pullover with coach
Review how to STICK a landing off high bar before you begin



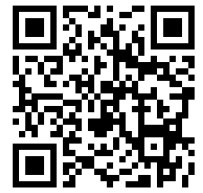
beam
Warm- Up Game: TRAVELING HULA HOOP
Every one stands side by side on a low beam and hold hands.
Work together to move the hoop all the way down the line over your classmates. Can you do it without falling?
Stations: broken leg walk, lunge-lever to build a block tower, Koala hang under beam, tuck or straddle jump dismount



the fun stuff!
Practice DONKEY KICKS or INVERTED HOPS on trampoline to reinforce handstand skills this week. End class with stamp/sticker and positive feedback



Lesson Plan



ADVANCED/PREMIER

WEEK 1

SKILL FOCUS : LUNGE, HANDSTAND SHAPES

warm-up-stretch

SAFETY CHECK at the beginning of class. Take attendance.

Handstand contest or partner handstand hold. Hold them from the side to avoid falling on your partner

floor

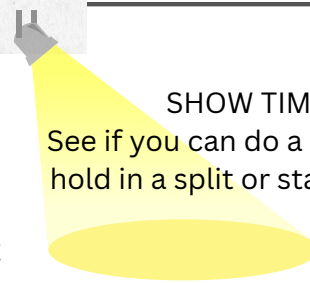
Stations:

Carwheel step-in and pick up the pit block

Single leg pike HS hold (or leg lift)

Handstand walks up pyramid

HS at bottom of incline, forward roll up the mat



SHOW TIME!

See if you can do a handstand hold in a split or stag position

bars

Stations:

Backwalkover to tiger tail at wall - or cartwheel to side handstand hold

Pullover or back hip circle with foam between feet.

High bar half turns across the rail with tight body shape

Partner candle stick hold at low rail (start in support and roll to candlestick).

beam

Warm- Up Game: TRAVELING HULA HOOP

Partner up and line up on two beams so you can walk sideways facing each other. Put the hoop between your torsos and walk it sideways to the end.

Stations: Swing mount to stag or squat, Cross handstands, Side handstand dismount, Low beam pike stand to straddle press

the fun stuff

Handstand hops across the tramp or tumbl-trak. Emphasize straight arms and legs as you "hop" End class with positive feedback