



# Lesson Plan



BEGINNER/INTERMEDIATE WEEK 5

SKILL FOCUS: SAFETY FALLS AND STICKS

*warm-up-stretch*  
SAFETY CHECK at the beginning of class. Take attendance.  
Review STICK IT. Make sure they have a soft knee bend and full pressure across the feet. Practice straight and tuck jumps to a stick

*floor*  
Stations:  
Jump off a block and stick the landing  
Cartwheel station using red blocks  
Tick tocks up the incline (or Front walkovers)  
C-hop to hurdle roundoff using velcro arrows  
**ALERT**  
NEVER do backwalkovers down the incline. The hill when increase the speed and create a possibility that they crash onto the head or neck

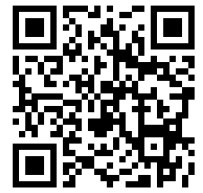
*bars*  
Stations:  
Roundoff off panel into pit, land on back (safety fall)  
Backhip circles using the big green ball  
Jump to straddle swing (3) to prep for sole circles  
Jump to squat on, jump off (very low rail) (arms in if you fall forward)  
**SAFETY FIRST**  
Review how to STICK a landing off high bar before you begin

*beam*  
**LEVEL UP**  
Try a new dismount!  
Mounts and Dismounts! Review safe landings. Jump off, don't fall off!  
Mounts- Jump to stag sit, Leap off floor land in a scale on low beam, pullover mount, Split mount  
Dismounts: Roundoff off the beam to fee, Side handstand with turn, Jump 1/2 turn off high bar, front tuck off foam beam into the pit

*the fun stuff!*  
Tumbl-Trak Stick it: Draw lines with chalk so everyone has a space. Practice a variety of jumps and work on landing in a stick. Challenge them by creating a short routine of jumps. Give them a 10.0 if they can stick it!




# Lesson Plan





ADVANCED/PREMIER WEEK 5

SKILL FOCUS: SAFETY FALLS AND STICKS

*warm-up-stretch*  
SAFETY CHECK at the beginning of class. Take attendance.  
Review STICK IT. Make sure they have a soft knee bend and full pressure across the feet. Practice cartwheels, handstands and walkovers to a STICK on a line.

*floor*  
Stations:  
Straddle/Split jumps backwards off a block  
Roundoffs over a red block on it's side  
Backward roll down the incline  
Hopscotch using velcro floor markers  
 Spot backward rolls by lifting the athlete's hips up high enough to avoid pressure on the head and spine. Use those PIZZA hands and push them flat.

*bars*  
Stations:  
Pull arms in and safety fall into the pit  
Front support, cast off to stick landing  
Straight hang, count to 3, drop dismount  
Low bar plank walk (very low rail, feet on the floor (arm strength)  
 Review how to STICK a landing off high bar before you begin

*beam*  
 Try a new dismount!  
Warm- Up Game: Play catch on the beam  
Line up your kids on the low beam side by side. Toss a ball from coach to athlete. If they are doing this safely allow them to partner up and try it without the coach.  
All 4 beams- mount, walk to the end, jump or roundoff off  
\*challenge them by changing the direction of the walk or trying another motor skill (gallop, skip, kick)

*the fun stuff!*  
Tumbl-Trak Stick it: Draw lines with chalk so everyone has a space. Practice a variety of jumps and work on landing in a stick. Challenge them by creating a short routine of jumps. Give them a 10.0 if they can stick it!