



Lesson Plan




BEGINNER/INTERMEDIATE WEEK 2

SKILL FOCUS : TUCK (SQUAT SHAPE)

warm-up-stretch

SAFETY CHECK at the beginning of class.
Take attendance.
Practice TUCK jumps and TUCK and ROLL



vault

Stations:
Seated running drill
Bird-Soldier-Rocket
Punch jumps on "Nemo"
Tuck jump off the board to the floor

GAME:
Partner sprints down the airfloor into the pit. REMIND THEM OF PIT SAFETY and stay on their side.


bars

Stations:
Tuck balance on the floor bar (Birdie Perch)
Jump to front support 3 times in a row
Tuck hang or travel across bar
Tuck sit under the bar to pull up (feet on a block to assist)

Challenge

Sideways walk across the long floor bar in push up shape. Keep your booty down.

beam




Group Lesson: Tuck onto the end of the beam, rise to standing
Work as a group to learn how to jump onto the end of the beam to a tuck stand (squat) and then stand up gracefully.

Walking complex:
Tuck stand mount, walk to middle, passe or releve hold, walk to end, tuck jump dismount

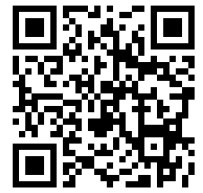
the fun stuff!

Tuck jumps on trampoline. Back bounce in a tuck shape (dead bug).
End class with stamp/sticker and positive feedback





Lesson Plan




ADVANCED/PREMIER WEEK 2

SKILL FOCUS : TUCK

warm-up-stretch

SAFETY CHECK at the beginning of class.
Take attendance.
A great TUCK drill is Candlestick, roll to stand up and tuck jump. 5 in a row is great cardio



vault

Stations:
Banded running drill in place
Bird-Soldier-Rocket onto trapezoid
Jandstand to flat back on NEMO
Tuck up to handstand hold then tree fall


GAME:
Partner sprints down the airfloor into the pit. REMIND THEM OF PIT SAFETY and stay on their side.

bars

Stations:
Tuck onto floor bar, stand, lean to grab stall bar
Pullover or back hip circle with coach
Straight hang to tuck thru leg lifts
Tuck stand low bar, straighten legs and then fall to rear (pike sole circle drill- rear lands on block)

Challenge
Tuck press on the floor rail or walking on the floor rail for balance

beam



Group Lesson
Straddle sit and swing to tuck stand on beam
Tuck stand (squat) 1/2 turn (arms high crown)
Tuck jump on the beam

the fun stuff!

Dead bug (tuck back bounce) and back popovers on tramp /TumblTrak.
End class with stamp/sticker and positive feedback

