

Session: Winter

Weeks: 1-2

theme: Pick a partner

Everything done with a partner in groups of 2

EVENT: VAULT

SAFETY: What side to exit, watching other runways, quickly exiting mats/pit, not jumping on equipment unless otherwise instructed

watching events NEXT to you (floor, double mini, teaching wall)

BEG GIRLS	
skill/drill	equipment
60 ft sprint	tape measure, stop watch
camel kicks	runway
roll wheel 3x's	
squat on	vault

1	
skill/drill	equipment
80 ft sprint	tape measure, stop watch
handstands against wall	runway
roll wheel 3x's	
pike up to handstand	spring board and vault

2	
skill/drill	equipment
60 ft sprint	tape measure, stop watch
handstand pops	runway
roll wheel 5x	
pike up to handstand to flat back	spring board and vault

Advanced A&B	
skill/drill	equipment
60 ft sprint	tape measure, stop watch
walk on hands	runway
roll wheel 7x's	
handspring	spring board and vault

EVENT: BARS

SAFETY: staying off bars (they may be detached/loose), checking settings to be sure equipment is secure

being aware of others (classes or teams, esp flyaways or spring floor), why we need chalk, HOW we get chalk

BEG GIRLS	
skill/drill	equipment
5 each: pullups chin-ups, leg lifts modify: 15 sec holds and balance cube on knees	trainer bar
Inverted hang w/ straight body 5 secs	Low bar
Pullovers	Low bar
Re-grasps-3	High bar

1	
skill/drill	equipment
8-10 each pullups, chin-ups, leg lifts	trainer bar
Inverted hang w/ straight body 5 secs try to pullover	Low bar
Back hip circle	trainer bar
Re-grasp-3-5	High bar

2	
skill/drill	equipment
10-12 each: pullups chin-ups, leg lifts	trainer bar
Front support to front roll	trainer bar
Pullover, BHC cast 5x's	low bar
Re-grasp- 5	High bar

3&4	
skill/drill	equipment
12-15 each pullups chin-ups, mix grip, leg lifts	trainer bar
pullovers and fhc's cast swing ½ turn dismount	high bar
Pullover, BHC 8x's	Low bar
Re-grasp-5	high bar

Bonus: pullover

Extra- 5 push ups w/floor bar

Bonus: pullover/bhc

Extra- 5 push ups w/floor bar

Bonus: pullover/fhc

Extra- 5 push ups w/floor bar

Bonus- 2 regrasp ½ turn

Extra- 10 push ups w/floor bar

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EVENT: BEAM

SAFETY: if you ever feel uncomfortable, move to a lower beam or line on the floor. Watch ppl on beams NEXT to you so you don't collide on the DM
You can teach beam consecutively (eg put everyone on beam and do skills simultaneously)

BEG GIRLS	
<u>skill/drill</u>	<u>equipment</u>
10-straight arm supports	high beam
Straight jumps press into beam	low beam
Step truns arms up	low beam
Side lunge slide legs together	low beam

Bonus: Cartwheel on floor beam

Cond: dip pick up bean bag low beam off floor put on beam

1	
<u>skill/drill</u>	<u>equipment</u>
12-straight arm supports	high beam
Straight jumps press into beam	low beam
Step truns on toe, squat turn both w/arms up	low beam
Side lunge slide legs together	low beam

Bonus: cartwheel low beam w/ panel mats

Cond: dip pick up bean bag low beam off floor put on beam

2	
<u>skill/drill</u>	<u>equipment</u>
15-straight arm supports	high beam
Tuck jump, Straight jump press into beam	Low or high beam
1/2 turns	Low or high beam
Cartwheel	low beam

Bonus: round off dismount

Cond: dip pick up bean bag low beam off floor put on beam

3&4	
<u>skill/drill</u>	<u>equipment</u>
20- straight arm supports	high beam
tuck 1/2, straight jump, fu// turn press into beam	low or high beam
Roundoff dismount	high beam
Cartwheel	high beam w/ landing mat

Bonus: BWO, roundoff dismount

Cond: dip pick up bean bag off floor put on beam

Low beam

EVENT: FLOOR

SAFETY: watch the floor, notice how the top floor can float (so be careful around the edges), be aware of events around you!

Never go on equipment or jump on mats that aren't specifically in your class. MAKE SURE EVERYONE'S AT THE CORRECT LEVEL!

GROUP TEACH: Bridges

BEG GIRLS	
<u>skill/drill</u>	<u>equipment</u>
forward roll w/no hands on ground	floor
Straddle roll	floor
camel kicks	Tramp or tumble trak
Cartwheel	floor

Bonus: 1 arm cartwheels

Cond: 10 bridge ups

Handstand walks

1	
<u>skill/drill</u>	<u>equipment</u>
Handstand forward roll	Tramp or tumble trak
Roundoff	floor
bridge kickover	wedge mat
3 cartwheels	floor

Bonus: 1 arm cartwheels

Cond: 10 bridge ups

Handstand over to bridge

2	
<u>skill/drill</u>	<u>equipment</u>
handstand forward roll	floor
Round off tuck jump	Tumble trak
10 Bridge kickover or BWO	floor
BHS Drill onto resi	floor

Bonus: spot BHS

Tramp

Cond: under the bridge

Back extension

3&4	
<u>skill/drill</u>	<u>equipment</u>
handstand 1/2 piro. Roll down	floor
Front hand spring forward roll	Tumble trak
10 BWO's	
Dive cartwheels	Panel mat

Bonus BWO, BHS, ariels

Cond: under the bridge

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GIRLS LESSON PLAN

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