



PRIDE
GYMNASTICS ACADEMY

Girls Rec
Beginner/Intermediate
Lesson Plans

Months 3-4

- WEEK #1- ODD WEEK (10/6-10/12)
- WEEK #2- EVEN WEEK (10/13- 10/19)
- WEEK #3- ODD WEEK (10/20- 10/26)
- WEEK #4- EVEN WEEK (10/27- 11/2)
- WEEK #5- ODD WEEK (11/3- 11/9)
- WEEK # 6- REVIEW WEEK (11/10- 11/16)
- WEEK #7- EVALUATION WEEK (11/17- 11/23)
- WEEK #8- THEME WEEK (11/24- 11/30)

Strength Training

Beginners

1. :30 second **jumping jacks** (switch directly into) :30 second **straight jumps**
2. 10 push ups
3. 10 shoulder taps (2 times)
4. 30 sec high plank (2 times)
5. 30 sec mountain climbers (2 times)
6. 10 handstands
7. Rope climb

Intermediate

1. :45 second **jumping jacks** (switch directly into) :45 second **straight jumps**
2. 10 push ups (2 times)
3. 20 shoulder taps (2 times)
4. 30 sec high plank (2 times)
5. 45 sec mountain climbers (2 times)
6. 30 sec handstand hold
7. Rope climb

Advanced

1. 1:00 min jumping jacks :10 sec rest 1:00 min straight jumps
2. 10 push ups (3 times)
3. 30 shoulder taps (2 times)
4. 45 sec high plank (2 times)
5. 1 minute mountain climbers (2 times)
6. 45 sec handstand hold
7. Rope climb

Trampoline

BEGINNER:

- Tuck jump
- Split jump
- Straddle jump
- Seat drop
- Knee drop
- Doggy drop

INTERMEDIATE:

- Straddle jump
- Pike jump
- Seat drop ½ turn, seat drop
- Doggy Drop
- Back drop
- Hollow to stomach drop, stand
- Front tuck into pit

ADVANCED:

- Pike jump
- Seat drop ½ turn
- Back drop
- Hollow to stomach drop, stand
- Doggy drop
- Doggy drop, front tuck
- Front tuck

Vault

BEGINNER

1. Running w/ cones
 - High knees down
 - Bottom kicks back
2. Handstand up to panel mat
3. Dive roll
 - Jump from panel up to wedge, roll down
4. Arm circle
 - Two panel mats, arm circle straight jump up to other panel mat
5. Board entry
 - Panel mat springboard, straight jump to stick (pass to dive roll as needed)



INTERMEDIATE

1. Running w/ cones
 - High knees down
 - Bottom kicks back
2. Push up hold, walk hands up to unfolded panel mat
 - Pass to push up hop up
 - Pass to handstand pop up to panel unfolded
3. Dive roll
 - Jump from panel, roll down wedge
4. Arm circle
 - One panel mat, arm circle straight jump up to tall panel mat
5. Handstand flat back
 - One foot up to panel mat, handstand fall to 8 inch
6. Board entry
 - Run, arm circle straight jump up to two 8 inch mats (pass to dive roll)



Uneven Bars

BEGINNER

1. Chin up hold
 - straight legs or in L hold
2. Front support
 - Push up (bars to thighs) and back down
3. Chin up pull over (spotted)
4. Cast hold with parallette and feet up to barrell
5. Pike hold on parallette bar
6. Sole hang with straight legs



INTERMEDIATE

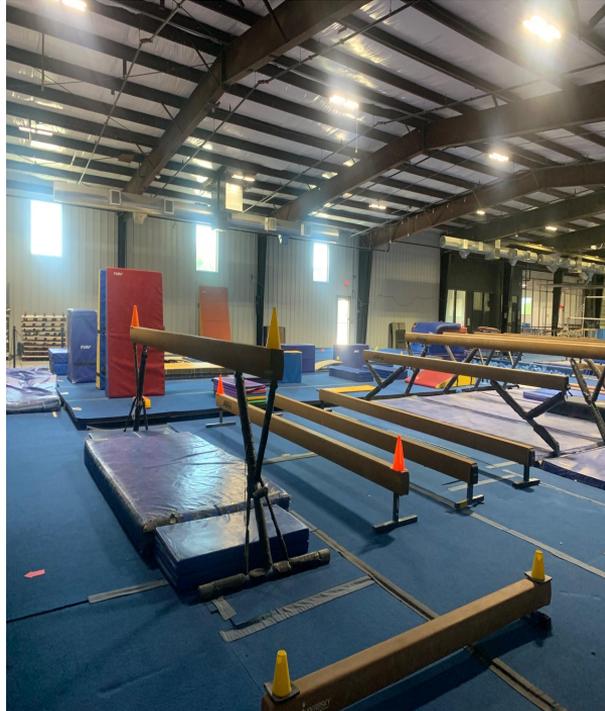
1. Chin up pull over to 3 casts (spotted)
2. Candlestick hold on floor
 - hold side post of bars on back, toes up to ceiling with flat hips
3. Chin hold in L hold
4. Cast hold with parallette and feet up to barrel
 - Roll legs back and forward with flat back
5. Push up hold w/ parallette bar jump to straddle or pike, fall to bottom w/ red wedge
6. Sole hang w/ swing



Balance Beam

BEGINNER

1. Bunny hops on low beam
 - Hands on hips w/ straight legs pushing through ankles
2. Releve walks to middle, straight jump, releve walks to end on low beam
 - Arm position, feet position, landing position, finish
3. Split jump on laser beam
4. Lever on short beam
 - Start and finish in lunge
5. Mount on high beam, forward & backwards releve walks



INTERMEDIATE

1. Forward kicks on low beam to middle, split jump, kicks to end
 - Arms out and pressed back
2. Lever on low beam
 - Start and finish in lunge
 - Pass to see-saw -> handstand
3. Cartwheel on laser beam
4. Pivot turn on short beam
5. Mount on high beam, releve walks to end, straight jump dismount onto 8 inch mat
 - Arms in crown on walks, and try to stick landing with soft knees

Floor

BEGINNER

1. See saw up to panel mat
 - Start and finish in lunge, one foot up to mat
 - Pass to handstand
2. Cartwheel over sideways panel mat
 - Start and finish in lunge, hands sideways on mat
3. Backward roll down wedge to stand
4. Forward roll on mat with line
 - Block between ankles
 - Stand without hands
5. Bride hold
 - Pass to bridge rocks
6. Step, step leap over blocks
 - Landing on one foot in arabesque, step through to finish



Floor

INTERMEDIATE

1. Handstand up to panel mat
 - Start and finish in lunge
2. Cartwheel over long panel mat
 - Start and finish in lunge
 - Pass to round off
3. Backward roll w/ heels to panel mat
 - Goal is straight arms to push up
4. Standing bridge up wedge - spot by hips
 - Feet at bottom of wedge
 - Goal is flat on floor
 - Kick over down wedge
 - DO NOT DO STANDING BRIDGES DOWN WEDGE
5. Step, step leap over blocks
 - Landing one foot in arabesque, step through to finish
6. $\frac{1}{2}$ turn in hoop
 - Toe to passe, step through and finish

