PRIDE
GYMNASTICS ACADEMY

PRESCHOOL LESSON PLANS

WARM UP

Have the kids choose a square.

Warmup: 8 minutes (do everything with them)

Stretch: 4 minutes (everything for 10 counts)

- Have each child stand on their square and watch as you demonstrate the stations on all floors.
- Place each child at a station to begin.

PRESCHOOL WARM-UP

1. Run in place (30 sec)
2. Straight jumps (30 sec)
3. March in place (30 sec)
4. Toe Raises (10)
5. Shoulder taps (30 sec)
6. Mountain climbers (30 sec)
7. Stretch wrists (wave at knees/fingers)(2 roll wrist and roller coaster)
8. Jumping jacks (10 jumps)
9. Balance on each foot (10 seconds each)

REPEAT

SHOULD ONLY BE 12 MINUTES

PRESCHOOL STRETCH

1. Arm circles
2. Criss cross arms
3. Trunk twist side to side
4. Feet together, legs straight, reach to toes
5. Straddle (left, right, middle)
6. Butterfly (each pick a color)
7. Stretch down
8. Straddle sit (left, right, middle)
9. Pike sit, grab toes
10. Table top

HOLD EACH ~ 10 seconds

SHOULD ONLY BE 12 MINUTES

PARENT + CHILD “HOW TO”

- Start class with a 8-10 minutes of open play to explore.
- Quick stretch (count to 5)
    - Feet together, legs straight, reach to toes
    - Standing straddle (left, right, middle)
    - Butterfly (each pick a color)
    - Sitting straddle (left, right, middle)
    - Pike, reach to toes
    - Tabletop
- Explain the station & demonstrate like you would for a preschool class.
- Show the parents how to spot their child on things like rolls, bear crawl, cartwheel, etc.
- Explain to parents that they need to do their best to keep their child on the correct floor to avoid being distractions to the other class.
- Guide through trampoline stations; if needed, being up on the tumble track or in the pit to help them get in and out. Teach them to climb to the wall to get out of the pit.
- **The goal of parent + child is to learn how to be in a structured class and prepare them for the preschool class on their own.**

ROTATION TIMES

Warm up	9:00	10:00	11:00	4:30	5:30	6:30
Stretch/open play	9:08	10:08	11:08	4:38	5:38	6:38
Floor 1	9:12	10:12	11:12	4:42	5:42	6:42
Floor 2	9:22	10:22	11:22	4:52	5:52	6:52
Water break	9:32	10:32	11:32	5:02	6:02	7:02
Floor 3	9:34	10:34	11:34	5:04	6:04	7:04
Stamps	9:44	10:44	11:44	5:14	6:14	7:14

***Every child receives 2 stamps! You may reward extra, but do not take away.**

***You may go to the trampoline if it is available in place of the Tumble Track floor
Work on basic jumps
- Straight, tuck, straddle, split, seat drop, doggy drops

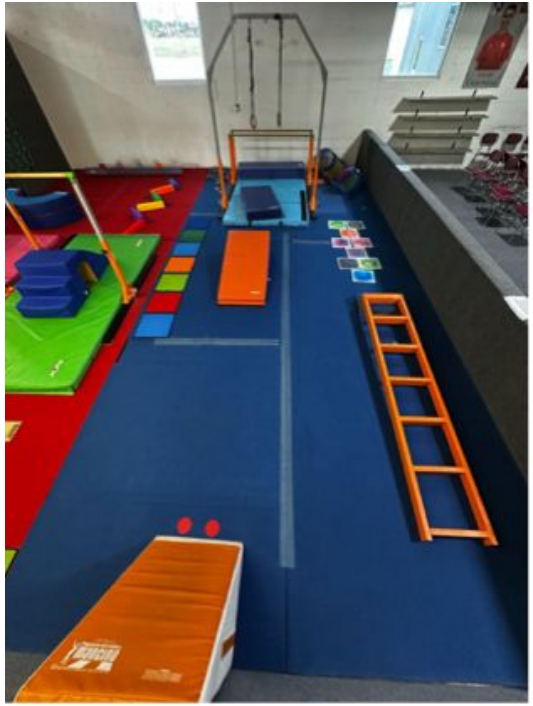
Theme Weeks

June: Hawaiian Luau
July: 4th of July
August: Dinosaurs
September: Fall
October: Halloween
November: Candy land*
December: Holiday
January: Winter Wonderland
February: Valentine’s
March: Spring
April: Under the Sea
May: Showcase

The way lesson plans work:

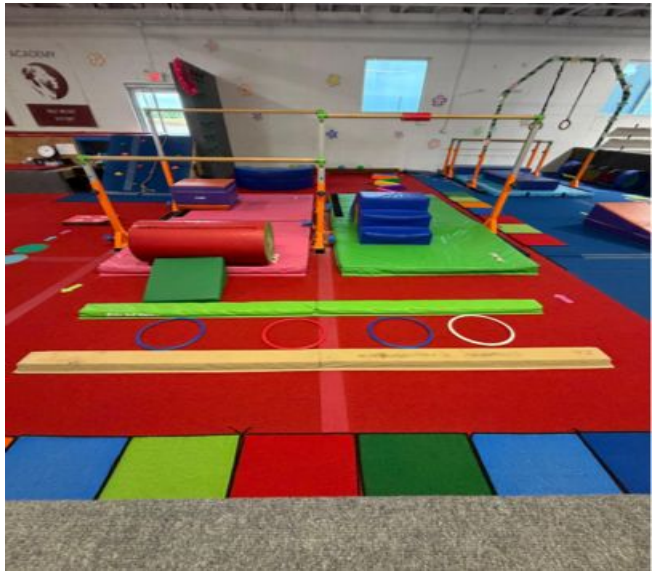
- Lesson plans last for two weeks.
- We do red floor the first week and blue the second.
- On the second week of lesson plans we will rotate backwards if there is 4 groups.
- We have theme week at the beginning of every month.
- Big gym is only in place of tumble track.
- Look over rotation in the back or star room to see where you go before every class

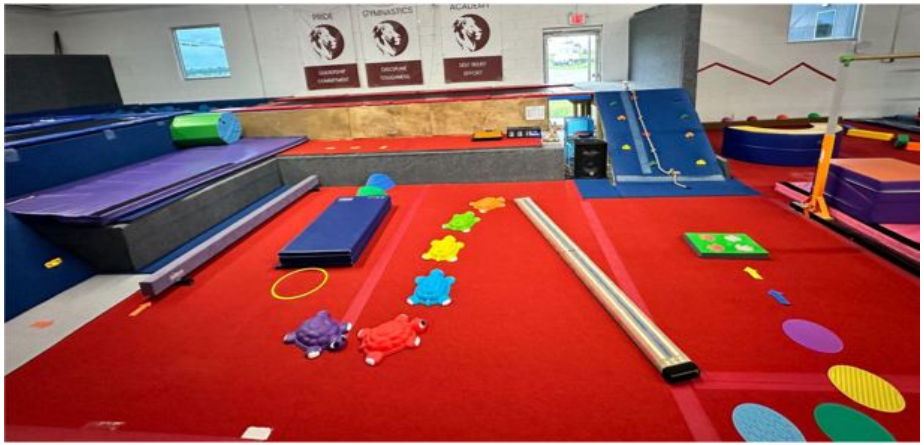
June - Weeks: 1 & 2



BLUE FLOOR:
Backward roll down wedge → handstand → ladder → hopscotch → tunnel → bear crawl on bars → rings

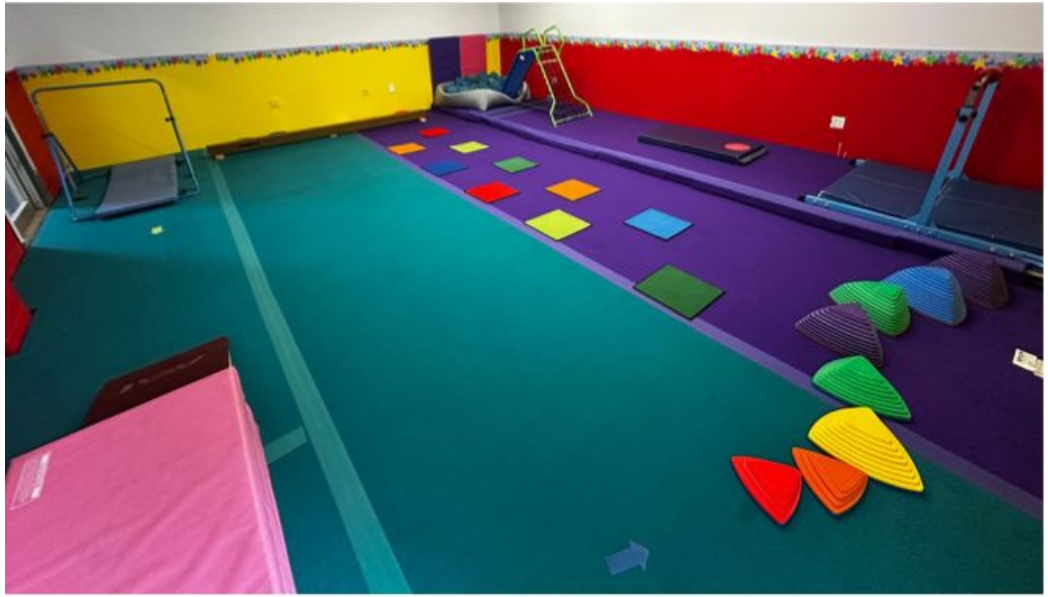
RED FLOOR: jump in and out of hoops→ chin up pullover → color steps → step over hedgehogs → donkey kick or HS → tuck hold → glide swings





TUMBLE TRACK: Sideways bear crawl (hands on beam) or walks →forward roll on panel → turtles →beam (walks, hops, etc) →cartwheel

June- Weeks: 1 & 2



STAR ROOM: Balance across the stepping stones, chin up hold or chin up pullover, forward roll with feet together and arms up when standing, slide, hands on beam and feet hop to squeakers, sole hang on blue bar, run and straight jump up to pink mat

June - weeks: 3 & 4 Super hero

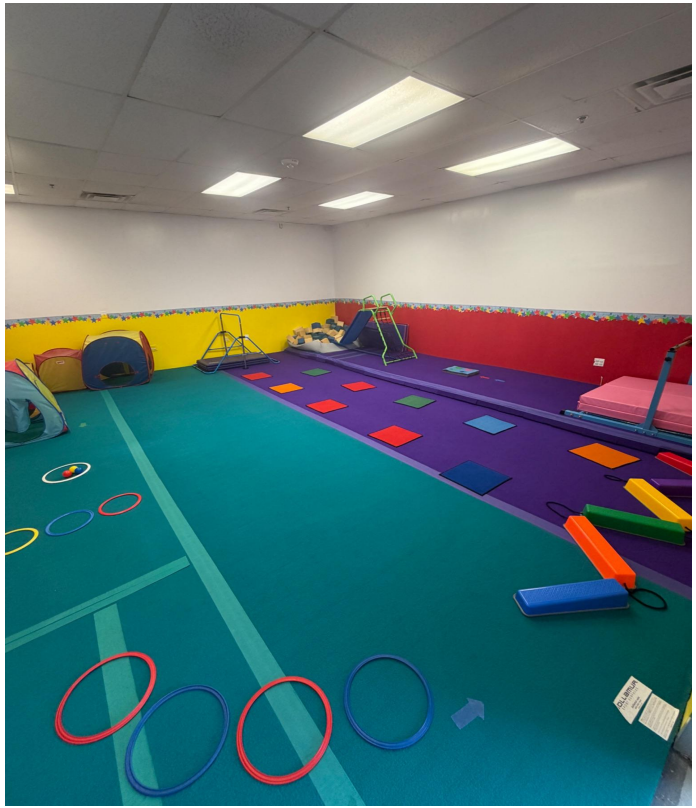
← **BLUE FLOOR:**
Balance on rocker mat → forward roll → handstand → superman hold → beam and tap hedgehogs → tunnel → spider crawl (crab walk) over bars → use super strength swing and knock down barrel (pow)

RED FLOOR →
Run, jump, and freeze in hoop → chin up pullover → climb across the ladder → jump on squeakers → forward roll on panel mat→ Front support → forward roll down on bars

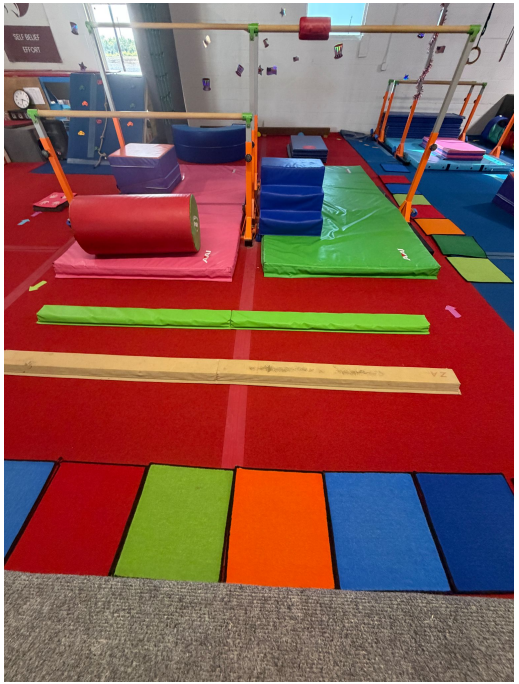
TUMBLE TRACK →
Hands on beam, hop feet in hoops → balance across stepping stones → any walk across the lazer beam - bear crawl (over “fire”) on beams → balance across ninja turtles → cartwheel → tumble track → 5 jumps on trampoline

June - Weeks 3 & 4 Super Hero

<u>Star room:</u> walk across the rainbow - chin up pullover or forward roll - donkey kick or handstand - slide down - sole hang - go through tunnel - place the colored balls in the right colored hoop - straight jumps through the circles



July weeks 1 & 2:



Tumble track floor: ⇨
Climb up ladder - run and jump - hop across the squeakers - handstand mat - walk across turtles hold a lever in the middle - cartwheel - straight jumps down tumble track - 3 favorite jumps on trampoline.

Blue floor: backward roll down cheese mat - half turn (or full turn) in hoop - hopscotch - walk on tippy toes down beam - table top - crawl through tunnel - tuck holds or bear walks - tuck holds. ⇨

⇧ **Red floor:** feet apart and together on beams - chin up pull over - forward roll - tap colors with toes - donkey kick or handstand - chin hold - glide swings

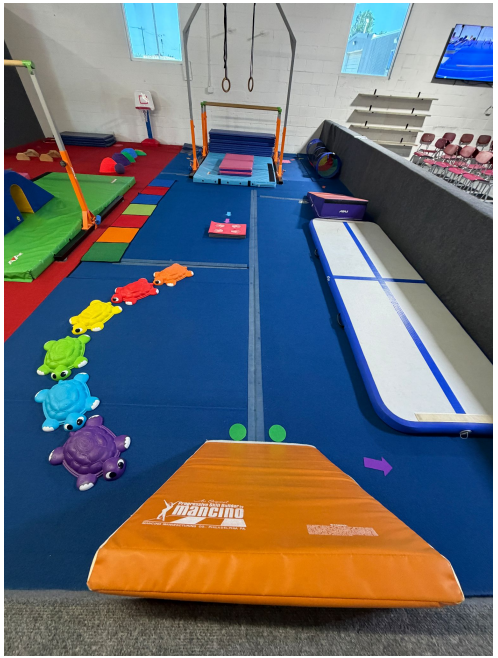
July weeks 1 & 2:

<u>Star room:</u> ⇨

Bear crawls - forward roll over bar (or chin up pullover) - cast hold - slide down - sole hang - table top - forward rolls down tumble trak - cartwheel

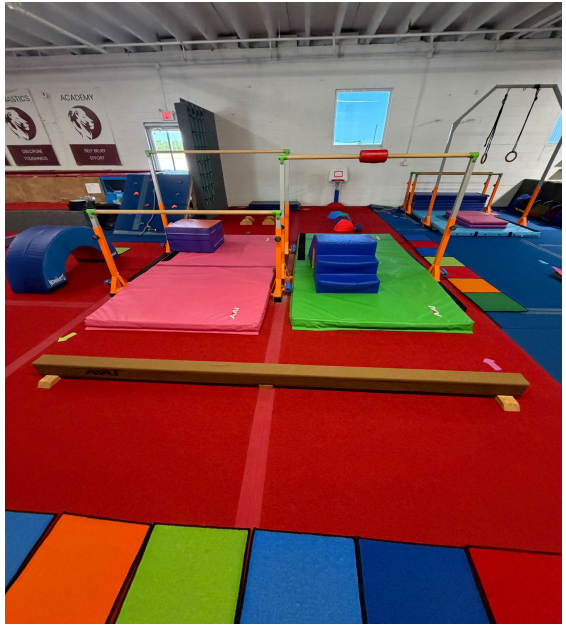
July weeks 3 & 4:

Tumble track floor:
Hop over hedgehogs (or passe walks) - jump over color and switch the ball over - walk backwards (or sideways) - walk over rainbow - hands on green square bring feet over



Blue floor:
Cartwheel - walk across turtles - handstand - straight jumps into dive roll - crawl through tunnel - tuck holds - tuck holds or L holds.

Red floor:
Any walks across the beam - chin up pull over - walk across stepping stone and throw basketball - straight jumps and stick on square - L holds - chin holds - sole hang

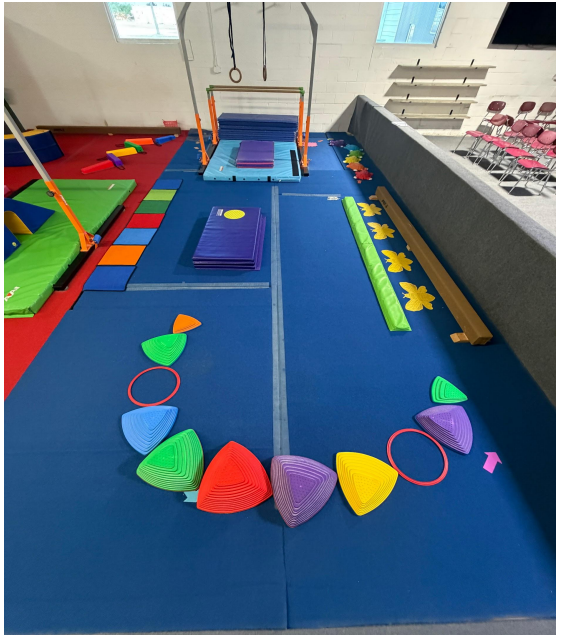


July weeks 3 & 4:

<u>Star room:</u>
Hop on fruits - forward roll or chin up pull over - hopscotch - slide down - run jump stick - staddle hang - feet on green hands on brown and hop in and out of the squeakers.

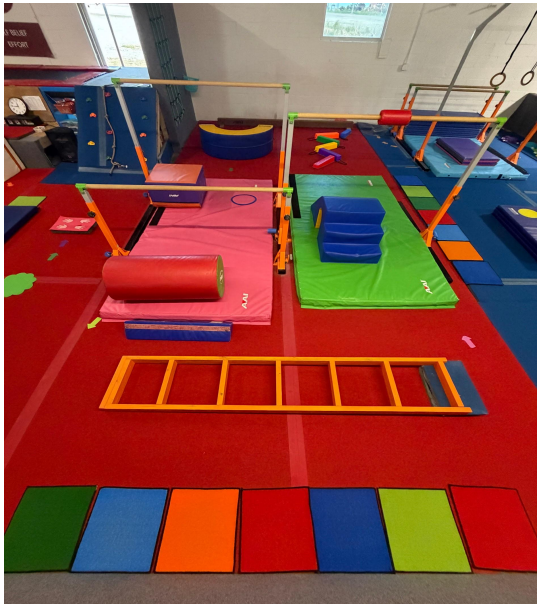
August weeks 1 & 2

<u>Tumble track floor:</u> jump on squeakers - jump over dino/jump in and out - walk on tiles - handstand (forward roll out) - candlestick (stand to it if they can) - cartwheel - jump down tumble track.



<u>Blue floor:</u> forward roll - walk on stones hop in and out of the hoops - hands on green feet on brown walk over bees - walk across turtles - bear crawls - tuck hold or L sit

<u>Red floor:</u> walk up ladder - chin up pull over - walk across rainbow road - grab a dino hold it above your head and put it in the bucket in the wall - walk your feet across rainbow - walk hands over to the bar and drop down into the circle - glide swings.

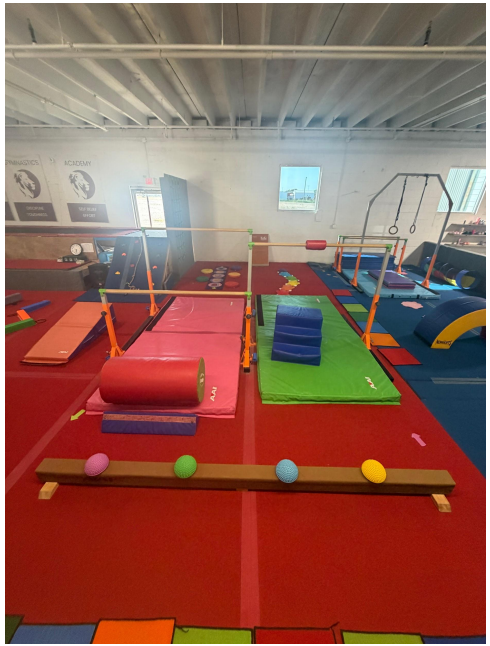


August weeks 1 & 2

Star room: walk with dino across the bream- straddle hang - bear crawls - slide - grab dino and lift it - crawl through tunnel - dive roll from springboard

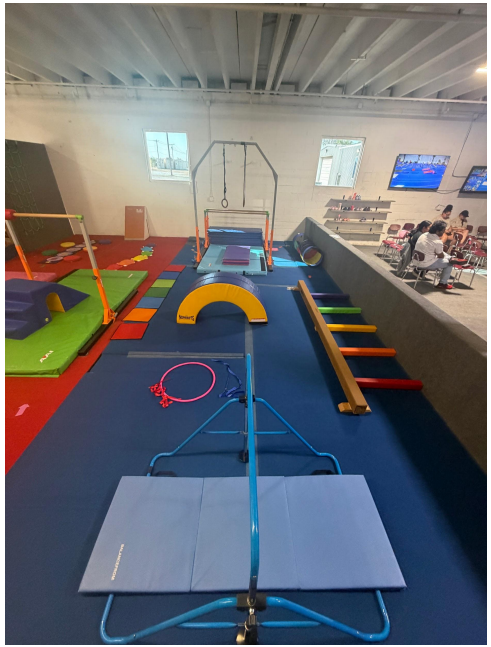
August weeks 3 & 4

Tumble track: walk up ladder - forward roll - hop on squares - tippy toes across beam - rainbow - grab knees and rock and roll - straight jumps down tumble track - seat drops on trampoline



Red floor: step over spikes - chin up pull over - walk across turtles - handstand - stand on fruit jump to squeaker then spin to next fruit - glide swings

Blue floor: crawl under tunnel - spin with ribbons - hands on beam jump over rainbow - tunnel - bear walks - tuck holds (or L holds)

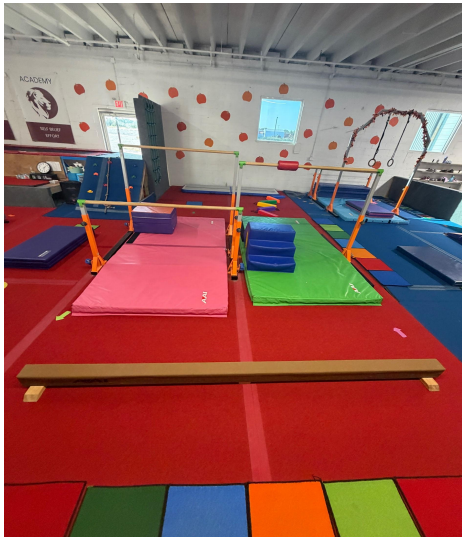


August weeks 3 & 4

Star room: Donkey kick - hands in the middle of pink land in standing straddle and straddle forward roll - slide down - walk on stones jump apart in circles - sole hang - jump out and in

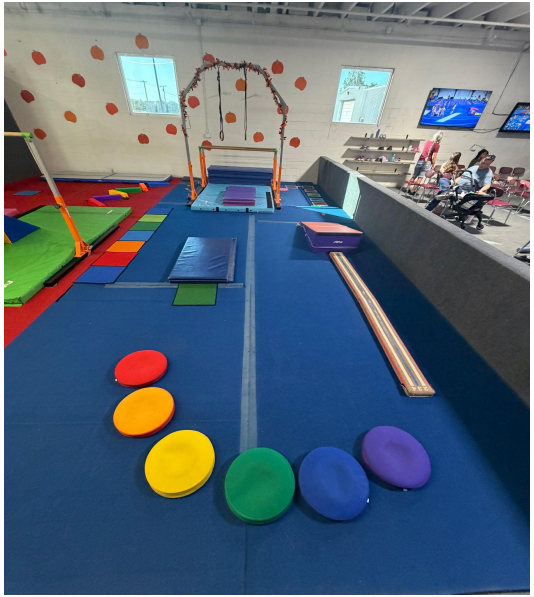
September weeks 1 & 2

Tumble track floor-Walk in the middle then jump out from pumpkin - run jump and stick in the circle - walk across turtles - walk on beam freeze on pumpkin and do a lever - backward roll - straddle jumps down tumble track- seat drops on trampoline.



Blue floor-Straight jumps across mat stick on square - hop on squeakers - backward walk to backward roll- hope on tiles - L holds - tuck holds.

Red floor- sideways walk down beam - chin up pull over - walk on rainbow road - forward rolls on tumble track - table - tuck hold - sole hang



September weeks 1 & 2

Star room - walk on stepping stones - handstand (forward roll i they can) forward over the bar by them self - slide - L hold - walk feet across rainbow - walk on beam step over pumpkins.