



PRIDE
GYMNASTICS ACADEMY

Girls Rec
Intermediate Lesson Plans
October-November

COACHING GUIDELINES

- Please be at work at least 30 minutes before the start of your class to review setup and check for makeups/ trials.
- Go to the bathroom before class and be ready to coach on time.
- You are required to wear a watch so keep track of time and station changes. **YOUR PHONE DOES NOT COUNT.**
- Engage when coaching & be hands on
- No chewing gum
- No standing with arms crossed or in pockets, no sitting unless you are spotting.
- **NO PHONES WHILE COACHING.** First thing you do when you get to the gym is set your phone aside.
- Must give at least 2 weeks prior if possible for absences (unless its an emergency) and it is your responsibility to find a substitute.
- Dress code: Pride Shirt and appropriate shorts..
- Do not leave your class unattended, have someone watch them if you need to step away, **EMERGENCY ONLY**
- Learn names of kids and address them by name as quickly as you can.
- Talk to the parents after class if possible. It creates a bond that the parents appreciate.

ADDITIONAL GUIDELINES

Spotting:

- Do not allow kids to flip on the bars by themselves. The bars are too big for their hands & since we don't use chalk, they will fall.
- When spotting bars, always have at least one hand on the child. Be prepared for their hands to slip or for them to let go.
- Never allow kids to do skin the cats alone and rotate their shoulders around. Spot them and make them drop before their shoulders rotate, help them land.
- When spotting cartwheel, ALWAYS spot from the side of their favorite foot.
- When spotting any sort of flip or roll, be sure the child's neck is protected.

ROTATION SCHEDULES

CLASS TIME 55 MINUTES

1. WARM UP - 10 minutes max
2. ROTATION # 1 - 15 minutes
3. ROTATION # 2 - 15 minutes
4. ROTATION # 3 - 15 minutes

Girls Rec Rotation Times- Special Weeks

Theme Week

- 10 minutes- Warm up
- 5 minutes- Strength
- 10 minutes- Event 1
- 10 minutes- Event 2
- 10 minutes- Event 3
- 10 minutes- Event 4

Review Week

- 10 minutes- Warm up
- 7.5 minutes- Vault
- 7.5 minutes- U. Bars
- 7.5 minutes- B. Beam
- 7.5 minutes- Floor X.
- 7.5 minutes- Strength
Training
- 7.5 minutes- Trampoline

Warm Up

First 10 minutes of class

Stretch

1. Arm Circles (8 Counts)
 - a. Forward
 - b. Backward
 - c. Criss cross
 - d. Side to side
2. Standing Pike
3. Standing Straddle
 - a. Right
 - b. Left
 - c. Middle
4. Sitting Straddle
 - a. Right
 - b. Left
 - c. Middle
5. Sitting Pike
6. Skin the cat
7. Butterfly
8. Ankle Rolls (8x each direction)
9. Wrist stretches
10. Splits (both legs)
 - a. Lunge forward
 - b. Short Split
 - c. Full Split
11. Bridge (Kick over if able)
 - a. Rock- N- Roll



October & November

- 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. 45 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

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

INTERMEDIATE

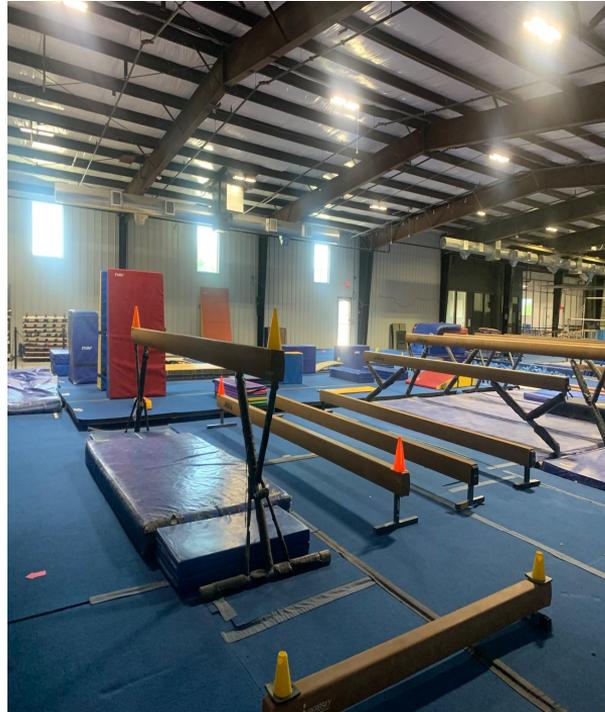
1. Chin up pull over to 3 casts (spotted)
2. Candlestick hold on floor
 - hold side post of bars on back, toes up to ceiling with flat hips
3. Chin hold in L hold
4. Cast hold with parallette and feet up to barrel
 - Roll legs back and forward with flat back
5. Push up hold w/ parallette bar jump to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



Balance Beam

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

INTERMEDIATE

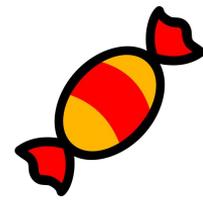
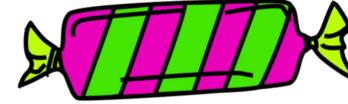
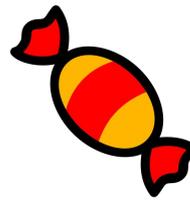
1. Handstand up to panel mat
 - Start and finish in lunge
2. Cartwheel over long panel mat
 - Start and finish in lunge
 - Pass to round off
3. Backward roll w/ heels to panel mat
 - Goal is straight arms to push up
4. Standing bridge up wedge - spot by hips
 - Feet at bottom of wedge
 - Goal is flat 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



Review Week

Set up each station on events as normal and rotate through.

Theme Week Months 3-4



Theme Week

10 minutes- Warm up

15 minutes- #1

15 minutes- #2

15 minutes- #3

Rotate through games, strength,
and trampoline

Candy Themed Gym Games

- **Race to Candy Mountain**
 - On two strips of the floor you will have, two large piles of foam stacked. Start with four blocks on bottom, then stack up a row of three blocks, two and then one for the top of the mountain.
 - Creating two teams to race down the strips, collecting a block. Running back to the beginning where the start to form the beginning of a new “mountain”.
 - Continue the race until the team with the new “mountain” is complete. WINNERS!
- **Bubbly Gum Stick it**
 - Run and straight jump on springboard onto 8 inch mat
 - 2 teams vs each other
- **Pass the “Gum Ball”**
 - Sitting in a circle using feet only to pass the “gum” ball (pit block) to the next person.
 - Each round add a gum ball.
 - If the ball is dropped that person is out.