



PRIDE
GYMNASTICS ACADEMY

Tumbling

Advanced Lesson Plans

December-February

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



December-February

- WEEK #1- ODD WEEK (11/30-12/6)
- WEEK #2- EVEN WEEK (12/7-12/13)
- WEEK #3- ODD WEEK (12/14-12/20)
- WEEK #4- EVEN WEEK (12/21-12/27)
- WEEK #5- ODD WEEK (12/28-1/3)
- WEEK #6- EVEN WEEK(1/4-1/10)
- WEEK #7- ODD WEEK (1/11-1/17)
- WEEK #8- EVEN WEEK (1/18-1/24)
- WEEK #9- ODD WEEK (1/25-1/31)
- WEEK #10- EVEN WEEK (2/1-2/7)
- WEEK #11- ODD WEEK (2/8-2/14)
- WEEK #12- EVALUATION WEEK(2/15-2/21)
- WEEK #13- THEME WEEK (2/22-2/28)

Floor

ADVANCED

1. Front limber with panel mat
 - Pass to front walkover
 - Pass to flat on floor
2. Handstand snap down, rebound up to tall panel
 - Pass to handstand snap down back handspring
3. Front tuck w/ springboard onto 8 inch mat
 - Pass to step out CW or round off
 - i. *forward roll over spotting block step out CW for drill
4. Bridge kick over on floor
 - Pass to back walkover
 - Pass to 2 BWO
5. Running round off rebound, over hurdle mat
 - Pass to round off back handspring
 - Pass to multiple
 - Pass to back handspring back tuck
6. Standing back handspring down wedge
 - Pass to series

Tumble Track

ADVANCED

1. Round off rebound on trampoline
 - Pass to round off back handspring
 - Pass to round off 2 back handspring
 - Pass to round off back handspring back tuck
2. 15 tuck jumps on resi mat
3. Back tuck set up to spotting block, roll to tuck (use panel to stand on if too short)
4. Round off from knee
5. 25 dips on side of tumble track
 - Fingers facing feet

Trampoline

Strength Training

Advanced

1. Jumping jacks
2. Push ups
3. Shoulder taps
4. Sit ups
5. Leg lifts *with partner
6. Rope climb

***Rotate through stations:**

1 time: 2 minutes each

2 times: 1:30 each