



**PRIDE**  
GYMNASTICS ACADEMY

**Girls Rec**

Advanced Lesson Plans

April-May Showcase

# 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



# Showcase Review

- WEEK #1- ODD WEEK (3/30- 4/5)
- WEEK #2- EVEN WEEK (4/6- 4/12)
- WEEK #3- ODD WEEK (4/13-4/19)
- WEEK #4- EVEN WEEK (4/20-4/26)
- WEEK #5- ODD WEEK (4/27-5/3)
- WEEK #6- EVEN WEEK (5/4- 5/10)
- WEEK #7- ODD WEEK (5/11-5/17)
- WEEK #8- EVEN WEEK (5/18- 5/21)

# Strength Training

## Advanced

1. Jumping Jacks (1 minute)
2. Straight Jumps (1 minute)
3. 30 Push Ups
4. 25 V-Ups
5. 30 Partner Leg Lifts
6. Partner Handstand Holds (1 minute)

### **Extra**

7. Plank Holds (1 minute)
8. Running (laps around floor)
9. Hollow Holds (1 minute)
10. Rope

# Trampoline

## ADVANCED:

- Back Handsprings
- Front Handsprings
- Front Tucks
- Back Tucks
- Doggy Drop Front Tuck
- Knee Drop to Handstand
- Back Drops
- Split Jumps (good and bad legs)
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# Vault

## **ADVANCED**

1. Table Vault - Round Off/Front Handspring
2. Whale Mat - Round Off/Front Handspring

Side Stations

Hollow Holds

Holds In Between Panel Mats

Front Tucks and Front Handsprings Into Foam Pit



# Uneven Bars

## ADVANCED

### Showcase Routines

1. Glide Swing, Chin Up Pullover, 3 Casts, Back Hip Circle, Cast Away
2. Glide Swing, Chin Up Pullover, 3 Casts, Double Back Hip Circle, Straddle Undershoot
3. Glide Swing, Chin Up Pullover, 3 Casts, Back Hip Circle/Double Back Hip Circle, Squat on Jump to High Bar Tap Dismount

### Side Stations

Leg Lifts

Squat on Station (with low bar)

Hollow Hold

Wrist Shifts

Chin Holds

Chin Up Pullover Station (with barrel under bar)



# Balance Beam

## ADVANCED

### Showcase Routines

- Mount (and Pose), Step Step Leap, Full Turn/Half Turn, Hip Pose, Cartwheel, Circle Arm 1-Circle Arm 2-Arms Down- Arms Up, Handstand, Face The Side-Jazz Hands Up- Drop Hands Pose, Step, Straight Jump-Split Jump, Arm Circle Pose, Round Off Dismount

### Skills in Routine to Work On

1. Step, Step, Leap
2. Turns (Half/Full)
3. Cartwheels
4. Handstands
5. Straight Jump-Split Jump
6. Round Off Dismount

# Balance Beam

**ADVANCED**

**Showcase Routines**

**Video**

# Floor

ADVANCED

1.

