



PRIDE
GYMNASTICS ACADEMY

Girls Rec
Intermediate Lesson Plans
February-March

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



February & March

- WEEK #1- ODD WEEK (2/2- 2/8)
- WEEK #2- EVEN WEEK (2/9- 2/15)
- WEEK #3- ODD WEEK (2/16- 2/ 22)
- WEEK #4- EVEN WEEK (2/23- 3/1)
- WEEK #5- ODD WEEK (3/3- 3/8)
- WEEK #6- EVEN WEEK (3/9- 3/ 15)
- WEEK #7- EVALUATION WEEK (3/16- 3/22)
- WEEK #8- THEME WEEK (3/23- 3/29)

Strength Training

Beginners

1. Panel mat switches
2. Push ups
3. Sit ups
4. Leg lifts *with partner
5. Rope climb

Intermediate

1. Panel mat switches
2. Push ups
3. Sit ups
4. Leg lifts *with partner
5. Rope climb

Advanced

1. Panel mat switches
2. Push ups ***feet can be elevated to add difficulty**
3. Sit ups
4. Leg lifts *with partner
5. Rope climb

***Rotate through stations:**

1 time: 3 minutes each

2 times: 1:30 each

Trampoline

BEGINNER:

- Split
- Straddle
- Seat drop
- Knee drop
- Doggy drop
- Doggy drop, forward roll
- Dive roll on 8 inch mat into pit

INTERMEDIATE:

- Knee drop
- Knee drop, handstand
- Doggy drop
- Doggy drop forward roll
- Doggy drop front tuck
- Front tuck
- Seat drop
- Back handspring (spotted)

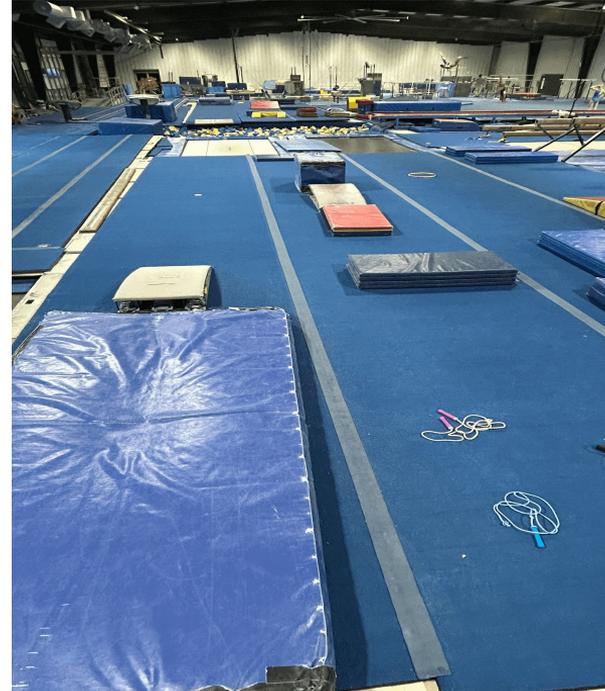
ADVANCED:

- Front tuck
- Hollow to stomach drop, stand
- Back drop
- Back handspring (spotted)
- Seat drop, back handspring
- Back tuck (spotted)

Vault

INTERMEDIATE

1. Panel mat hops
 - Quick straight jumps (ankle punches) up and down
2. Handstand on floor
 - Pass to handstand pops
3. Arm circle
 - One panel mat, arm circle straight jump on springboard up to spotting block
4. Handstand flat back onto 8 inch mat
5. Board entry
 - Run, arm circle straight jump up to whale mat
 - Pass to handstand flat back



Uneven Bars

INTERMEDIATE

1. Chin up pullover, cast, back hip circle
2. Front support, 3 casts
3. Hollow rocks
4. Squat on
 - Lower bar
 - Use mat to land on
5. Glide swings point toes to cone
 - On one side of bar
6. L hold in chin up
 - On other side of bar



Balance Beam

INTERMEDIATE

1. Mount on high beam
 - Kicks to middle
 - Split jump
 - $\frac{1}{2}$ turn
 - Straight jump onto 8 inch mat
2. Cartwheel on floor beam
3. Handstand on low beam
4. Side handstand dismount on low beam
5. Bridge hold or bridge kick over on laser beam



Floor

INTERMEDIATE

1. Back handspring over barrel onto 8 inch mat
 - Pass to feet
 - Pass to spotted
2. Round off off of panel mat
3. Bridge kickover down wedge
 - Pass to standing bridge kickover on floor
 - Pass to back walkover on floor
 - **if not doable, bridge hold**
4. Split hold in between panel mats
 - Step, step leap on side
5. 3 connected split jumps
6. Full turn



Theme Week February-March

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

Rotate through in order-
vault>trampoline>beam>floor
*Tumbling has Tumble Track
instead of beam

Games

- **Vault: Stick it**
 - Run and straight jump on springboard onto 8 inch mat
 - Tuck jump/straddle/half turn/front tuck/etc to stick
 - 2 teams vs each other
- **Trampoline:**
 - Free jumps (skills only)
 - Can go into pit one at a time
- **Beam:**
 - Partners must swap ends of the beam without falling while completing assigned skills when they pass each other
 - Releve walks/passe walks/sideways/etc
- **Floor: Floor is lava**
 - Spread out mats around area
 - Run and jump on mats only and don't touch floor
- **Tumble Track**
 - Free jumps
 - straight/tuck/straddle/split/round off/etc
 - Into pit if available