



PRIDE
GYMNASTICS ACADEMY

Girls Rec

Beginner Lesson Plans

December-January

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



December & January

- WEEK #1- ODD WEEK (12/1-12/7)
- WEEK #2- EVEN WEEK (12/8-12/14)
- WEEK #3- ODD WEEK (12/15-12/21)
- WEEK #4- EVEN WEEK (12/22-12/28)
- WEEK #5- ODD WEEK (12/29-1/4)
- WEEK # 6- REVIEW WEEK (1/5-1/11)
- WEEK #7- EVALUATION WEEK #1 (1/12-1/18)
- WEEK #8- EVALUATION WEEK #2 (1/19-1/25)
- WEEK #9- THEME WEEK (1/26-2/1)

Strength Training

Beginners

1. **Jumping jacks**
2. Push ups
3. Reverse crunches
4. Lunges
5. Rope climb

Intermediate

1. **Jumping jacks**
2. Push ups
3. Reverse crunches
4. Lunges
5. Rope climb

Advanced

1. Jumping jacks
2. Push ups ***feet can be elevated to add difficulty**
3. Reverse crunches
4. Lunges
5. Rope climb

***Rotate through stations:**

1 time: 3 minutes each

2 times: 1:30 each

Trampoline

BEGINNER:

- Split
- Pike jump
- Seat drop
- Knee drop
- Doggy drop
- Doggy drop, forward roll

INTERMEDIATE:

- Knee drop
- Doggy drop
- Doggy drop forward roll
- Doggy drop front tuck
- Front tuck
- Hollow to stomach drop, stand

ADVANCED:

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

Vault

BEGINNER

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
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

BEGINNER

1. **Chin up pull over to 3 casts (spotted)**
2. **Candlestick hold on floor**
 - Lower bar, lay on back, toes up to ceiling with flat hips
3. **Chin hold**
 - Pass to hold in L hold
4. **Cast hold with parallette and feet up to barrel**
 - Roll legs back and forward with flat back
5. **Stand on parallette bar (with hands on), fall to bottom on red wedge**
 - OR pike hold
6. **Sole hang w/ swing**



Balance Beam

BEGINNER

1. Releve walks to middle, straight jump, releve walks to end on low beam
 - Arm position, feet position, landing position, finish
2. Straight leg kicks to end of beam, straight jump dismount
3. Lever on laser beam
 - Pass to see-saw
 - Pass to handstand
 - Pass to cartwheel
4. Pivot turn on short beam
5. Mount on high beam, forward & backwards releve walks
 - Pass to kicks



INTERMEDIATE

1. Backward kicks on low beam to middle, split jump, kicks to end
 - Arms out and pressed back
2. Handstand on low beam with expander
 - Start with see-saw if needed
 - Pass to cartwheel
3. Cartwheel on laser beam
4. Pivot turn on short beam
 - Pass to half turn
5. Mount on high beam, forward kicks, straight jump (or split jump) on beam, straight jump dismount

Floor

BEGINNER

1. Handstand up to panel mat
 - Start and finish in lunge
 - ***May be lever or see-saw***
2. Cartwheel over long panel mat
 - Start and finish in lunge
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
 - i. Kick over down wedge
 - ii. **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



Theme Week December-January

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: Frozen Landing**
 - 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
 - Can go into pit one at a time
- **Beam: Snowy Crossing!**
 - 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 FROZEN**
 - Spread out mats around area
 - Floor is lava type game
- **Tumble Track**
 - Free jumps
 - straight/tuck/straddle/split/round off/etc
 - Into pit if available