



PRIDE
GYMNASTICS ACADEMY

Tumbling
Intermediate
Lesson Plans

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

INTERMEDIATE

1. Handstand, fall to bridge with long panel mat
 - Hands at end of panel, feet fall to floor
 - Pass to front limber
2. Handstand snap down, rebound w/ tall panel mat
 - Hands up to mat, snap feet down, rebound
3. Forward roll over small spotting block to stand
4. Back handspring over barrel w/ 8 inch mat
 - Make sure they hit handstand and fall to push up
 - Pass to back handspring with spot
5. Round off over sideways panel mat w/ hoop
 - Land 2 feet in hoop
6. Standing bridge up wedge
 - Feet at bottom of wedge
 - Pass to kickover on floor
 - Pass to back walkover on floor

Tumble Track

INTERMEDIATE

1. Bride kick over down wedge (on TT)
 - From laying down
 - Pass to back handspring if needed
2. Round off over panel mat (on TT)
3. Handstand up to panel mat
4. Backward roll on panel mat
5. 10 dips on side of tumble track
 - Hands on red
 - Fingers facing body, bend elbows to 90 degrees

Trampoline

Intermediate

1. Seat drop
2. Knee drop
3. Knee drop handstand
4. Bounder
5. Doggy drop
 - a. Add forward roll
6. Front tuck into pit with 8 inch mat
7. Front tuck on trampoline
8. Front pike
9. Back handspring
 - a. Spotted if necessary
10. Back tuck
 - a. Spotted if necessary

Strength Training

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