



**PRIDE**  
GYMNASTICS ACADEMY

**Girls Rec**  
**Beginner 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)

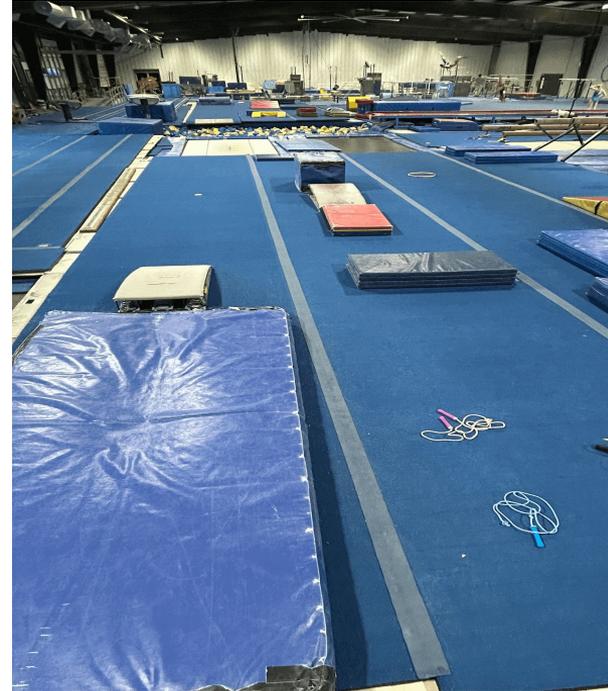
## ADVANCED:

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

# Vault

## BEGINNER

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



# Uneven Bars

## BEGINNER

1. **Chin up pull over to 1 cast (spotted)**
  - **Add back hip circle**
2. Press noodle to legs, fall back to hollow against wedge on wall
3. **Front support hold, 2 casts, cast off dismount**
4. **Lay on back and lift toes up and over to touch cones**
  - **Lower bar**
5. **Glide swings with barrel**
6. Push ups with hands on floor bar



# Balance Beam

## BEGINNER

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 on line
2. Cartwheel over sideways panel mat
  - Kick feet over blocks
3. Backward roll down wedge w/ straight arms
4. Laying bridge hold OR kick over down wedge
5. Good leg split hold in between panel mats
  - Step, step leap on side
6.  $\frac{1}{2}$  turn in hoop



# 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