



PRIDE
GYMNASTICS ACADEMY

Girls Rec
Beginner Lesson Plans
June-August

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



June-August

- WEEK #1- ODD WEEK (6/1-6/7)
- WEEK #2- EVEN WEEK (6/8-6/14)
- WEEK #3- ODD WEEK (6/15-6/21)
- WEEK #4- EVEN WEEK (6/22-6/28)
- WEEK #5- ODD WEEK (6/29-7/5)
- WEEK #6- EVEN WEEK(7/6-7/12)
- WEEK #7- ODD WEEK (7/13-7/19)
- WEEK #8- EVEN WEEK (7/20-7/26)
- WEEK #9- ODD WEEK (7/27-8/2)
- WEEK #10- EVEN WEEK (8/3-8/9)
- WEEK #11- ODD WEEK (8/10-8/16)
- WEEK #12- EVALUATION WEEK(8/17-8/23)
- WEEK #13- THEME WEEK (8/24-8/30)

Strength Training

Beginners

1. :30 second **jumping jacks** (switch directly into) :30 second **straight jumps**
2. 10 push ups
3. 10 shoulder taps (2 times)
4. 30 sec high plank (2 times)
5. 30 sec mountain climbers (2 times)
6. 10 handstands
7. Rope climb

Intermediate

1. :45 second **jumping jacks** (switch directly into) :45 second **straight jumps**
2. 10 push ups (2 times)
3. 20 shoulder taps (2 times)
4. 45 sec high plank (2 times)
5. 45 sec mountain climbers (2 times)
6. 30 sec handstand hold
7. Rope climb

Advanced

1. 1:00 min jumping jacks :10 sec rest 1:00 min straight jumps
2. 10 push ups (3 times)
3. 30 shoulder taps (2 times)
4. 45 sec high plank (2 times)
5. 1 minute mountain climbers (2 times)
6. 45 sec handstand hold
7. Rope climb

Trampoline

BEGINNER:

- Tuck jump
- Split jump
- Straddle jump
- Seat drop
- Knee drop
- Doggy drop

INTERMEDIATE:

- Straddle jump
- Pike jump
- Seat drop ½ turn, seat drop
- Doggy Drop
- Back drop
- Hollow to stomach drop, stand
- Front tuck into pit

ADVANCED:

- Pike jump
- Seat drop ½ turn
- Back drop
- Hollow to stomach drop, stand
- Doggy drop
- Doggy drop, front tuck
- Front tuck

Vault

BEGINNER

1. Handstand up to panel mat
2. Dive roll
 - Jump from panel u to wedge, roll down
3. Arm circle
 - Two panel mats, arm circle straight jump up to other panel mat
4. Board entry
 - With springboard, straight jump to stick (pass to dive roll as needed)
5. Running w/ cones
 - High knees down
 - Bottom kicks back



Uneven Bars

BEGINNER

1. Chin up hold straight legs or in L hold
2. Chin up pull over (spotted)
3. Front support Push up (bars to thighs) and back down
4. Cast hold with parallette and feet up to barrell
5. Pike hold on parallette bar
6. Sole hang with straight legs



Balance Beam

BEGINNER

1. Bunny hops on low beam
 - Hands on hips w/ straight legs pushing through ankles
2. Releve walks to middle, straight jump, releve walks to end on low beam
 - Arm position, feet position, landing position, finish
3. Split jump on laser beam
4. Lever on short beam
 - Start and finish in lunge
5. Mount on high beam, forward & backwards releve walks



Floor

BEGINNER

1. See saw up to panel mat
 - Start and finish in lunge, one foot up to mat
 - Pass to handstand
2. Cartwheel over sideways panel mat
 - Start and finish in lunge, hands sideways on mat
3. Backward roll down wedge to stand
4. Forward roll on mat with line
 - Block between ankles
 - Stand without hands
5. Half turn
6. Bride hold
 - Pass to bridge rocks
7. Step, step leap over blocks
 - Landing on one foot in arabesque, step through to finish



4.

3.

5.

2.

6.

1.

7.

Review Week

Set up each station on events as normal and rotate through.