



PRIDE
GYMNASTICS ACADEMY

Girls Rec
Intermediate 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

INTERMEDIATE

1. Running/Punching drills
 - Straight jumps down and back (ankle punches)
 - Arm circle straight jumps *if able
2. Panel mat hops
 - Quick straight jumps (ankle punches) up and down
3. Push up hop to unfolded panel mat
 - Pass to handstand pop up to panel unfolded
4. Arm circle
 - One panel mat, arm circle down to springboard, jump back to panel mat
5. Handstand flat back with barrel and 8 inch mat
 - Stand in front of barrel, fall forward to handstand, flat back to 8 inch mat
6. Board entry
 - Run, arm circle straight jump up to whale mat
 - Pass to dive roll
 - Pass to handstand flat back



Uneven Bars

INTERMEDIATE

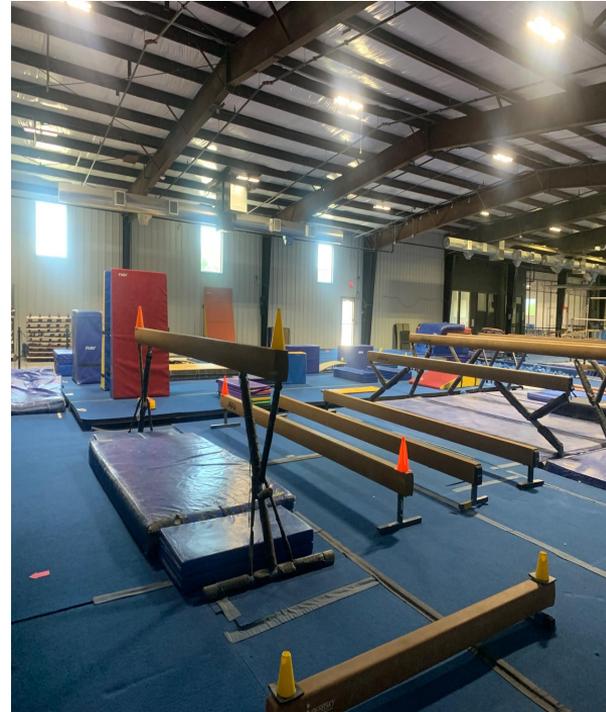
1. **Chin up pullover, cast, backwards to candle hold**
 - Pass to back hip circle
2. **Front support, 3 casts**
3. Press noodle to legs, fall back to hollow against wedge on wall
4. **Stand on panel mat, one foot up to bar, jump other foot up to sole hang swings**
 - Pass to land flat on back on 8 inch mat
5. Push up hold w/ parallel bar jump to straddle or pike, fall to bottom w/ red wedge
6. Single leg raises with barrel
 - Pass to feet together



Balance Beam

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

INTERMEDIATE

1. Handstand, fall to bridge with 8 inch mat
2. Cartwheel on line
 - Pass to round off
3. Backward roll on floor
 - Can use cartwheel mat with line side up
4. Bridge kickover down wedge
 - Pass to standing bridge kickover on floor
 - Pass to back walkover
5. Chasse, step, leap
6. Full turn



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