



PRIDE
GYMNASTICS ACADEMY

PRESCHOOL LESSON PLANS

COACHING GUIDELINES

- Be familiar with the set up and ask any questions about the stations before the classes start.
- Start and end class on time.
- Wear a watch so keep track of time - no phones!
- Engage & be hands on while coaching.
- **ENERGY and a positive attitude are both a necessity!**
- Position yourself to have all stations in eyesight. Try to not remain stationary!
- **Every child must get 2 stamps.** You may reward with extra but **DO NOT** take away.
- Dress code: Pride shirt and appropriate shorts, leggings, or sweatpants.
- 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.
- Try to interact with parents after class if possible! It creates a bond that is appreciated.
- Give **at least** 2 weeks prior if possible for absences (unless its an emergency) and it is your responsibility to find a substitute.

ADDITIONAL GUIDELINES

Spotting:

- Do not allow children to flip on the bars by themselves.
- 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 children 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, make sure that their head is tucked.

WARM UP

Have the kids choose a square.

Warmup: 8 minutes (do everything with them)

Stretch: 4 minutes (everything for 10 counts)

- Have each child stand on their square and watch as you demonstrate the stations on all floors.
- Place each child at a station to begin.

PRESCHOOL WARM-UP

1. Run in place (30 sec)
2. Straight jumps (30 sec)
3. March in place (30 sec)
4. Shoulder taps (30 sec)
5. Mountain climbers (30 sec)
6. Stretch wrists
 - 1st time: Wave at knees/fingers
 - 2nd time: Big stretch back/clap & roll out wrists/clap, cross fingers & make roller coaster- big/small/fast/slow)
7. Jumping jacks (10)
8. Balance on each foot (10 seconds each)

REPEAT

PRESCHOOL STRETCH

1. Arm circles
2. Criss cross arms
3. Trunk twist side to side
4. Feet together, legs straight, reach to toes
5. Standing straddle (left, right, middle)
6. Butterfly (each pick a color)
7. Stretch down (hide from butterfly catcher)
8. Straddle sit (left, right, middle)
9. Pike sit, grab toes
10. Table top

HOLD EACH ~ 10 seconds

PARENT + CHILD “HOW TO”

- Start class with a 10 minutes of open play to explore.
- Quick stretch - 2 min
 - Butterfly (each pick a color)
 - Stretch down, hide from butterfly catcher
 - Sitting straddle (left, right, middle)
 - Pike, reach to toes
 - Tabletop
- Explain the station & demonstrate like you would for a preschool class.
- Show the parents how to spot their child on things like rolls, bear crawl, cartwheel, etc.
- Explain to parents that they need to do their best to keep their child on the correct floor to avoid being distractions to the other class.
- Guide through trampoline stations; if needed, being up on the tumble track or in the pit to help them get in and out. Teach them to climb to the wall to get out of the pit.
- **The goal of parent + child is to learn how to be in a structured class and prepare them for the preschool class on their own.**

ROTATION TIMES

Warm up	9:00	10:00	11:00	12:00	4:30	5:30	6:30
Floor 1	9:12	10:12	11:12	12:12	4:42	5:42	6:42
Floor 2	9:22	10:22	11:22	12:22	4:52	5:52	6:52
Water Break	9:32	10:32	11:32	12:32	5:02	6:02	7:02
Floor 3	9:34	10:34	11:34	12:34	5:04	6:04	7:04
Stamps	9:44	10:44	11:44	12:44	5:14	6:14	7:14

PRESCHOOL BASICS

What to know before moving to Rec:

Floor

- Which foot is their “favorite”
- How to start a cartwheel & handstand → lunge
- How to start & finish a forward roll
- Vault→ run, jump with two feet and freeze

Trampoline

- Straight jump
- Tuck jump
- Straddle jump
- Split jump
- Seat drop
- Freeze

Bars

- Front support
- Cast
- Chin up pull over concept
- Forward roll
- Glide swing with barrel

Parallel Bars/Rings

- Support hold
- Tuck hold
- Bear crawls

Beam

- Hands on hips to learn to stabilize using core
- Releve
- Small kicks
- Sideways
- Bunny hops
- Bear crawl

Body positions

- Straddle
- Tuck
- Pike
- Releve (for girls)
- Lunge
- Passe

August: Dinosaurs
September: Fall*
October: Halloween
November: Candy land*
December: Holiday
January: Decades
February: Valentine's
March: Spring*
April: Under the Sea
May: Super hero
June: Hawaiian Luau
July: 4th of July/Showcase

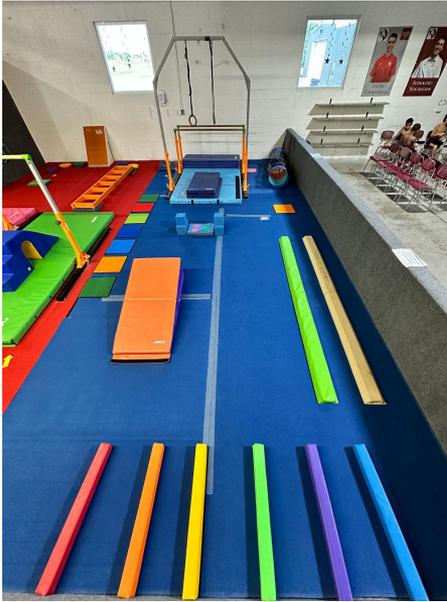
*theme
weeks*

COACHES CORNER

- www.pridegymnasticsacademy.com
 - Click Coaches Corner
 - Password: Coach2025

All information is ready to access at anytime.

August - Weeks 1 & 2



BLUE FLOOR: Hop over the french fries → bear crawl on beams or chasse in between → through the tunnel → bear crawl on P bars → swing on the rings 3 times → cartwheel → forward roll OR spot backwards roll

RED FLOOR: Walk across balance beam → chin up pull over → ladder → hop on squeakers → handstand → hop again → cartwheel → monkey walk → glide swings



TUMBLE TRACK:

Stepping stones → walk down the balance beam, tap the hedgehogs with toes → hop on the circles → forward roll → follow the rainbow steps → SPOT backwards over (or slide down)



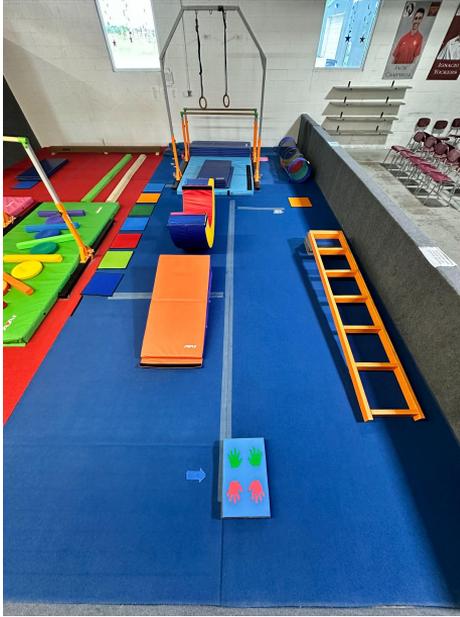
August - Weeks 1 & 2



STAR ROOM:

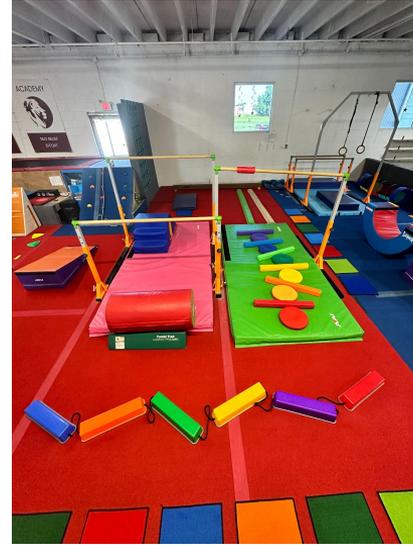
Walks across balance beam → chin up pull over → hopscotch → run, and jump into the foam pit → slide → tunnel → tuck hold or “L” hold with block → balance on turtles

August - Weeks 3 & 4



← **BLUE FLOOR:** Lay on rocker mat and rock to forward roll down wedge, cartwheel, climb up ladder, table or bridge on carpet, crawl through the tunnel, bear crawl across P bars, swings on rings

RED FLOOR →
Walks across rainbow steps, hop on squeakers, bear crawl on beams, walks across beam, forward roll on panel, tuck hold on high bar, glide swings



TUMBLE TRACK →

Butterfly hands on beam, hop feet to numbers, balance across stepping stones, jump and freeze, step on dots, step over hedgehogs on beam, handstand, stepping stones, cartwheel, stepping stones, backwards roll, climb up wall, jumps down tumble track, 5 jumps on trampoline, climb down



August - Weeks 3 & 4



STAR ROOM: Walks across turtles, chin up pull over, cartwheel or donkey kick, chin up hold on blue bar, foam pit, bear crawl across blue beams, crawl through the tunnel, climb up and down the slide

September - Weeks 1 and 2



BLUE FLOOR: Standing rock side to side on rainbow mat, forward roll, stepping stones, jump and turn on fruit carpet, walks across balance beam, table or bridge on square, tunnel, bear crawl across P bars, swings on rings

RED FLOOR: Hopscotch, chin up pullover, forward roll on panel mat, walk across beam, tap squeakers with toes, handstand or donkey kick, monkey walks down and back, glide swings



TUMBLE TRACK → Climb up ladder, balance across stepping stones, jump and freeze, step on dots, walks down beam, handstand, rainbow steps, cartwheel or donkey kick, climb up wall, jumps down tumble track, 5 jumps on trampoline, climb down



September - Weeks 1 & 2



STAR ROOM: Balance across blue beam, chin up pull over, follow the turtles, slide, foam pit, walk across the rainbow steps, crawl through the tunnel, straddle jump in hoop, sole hang on blue bar

September - Weeks 3 & 4



TUMBLE TRACK: Run through hoops, straight jump up → climb backwards down ladder → follow circles → walks down beam → stepping stones → backwards roll → jumps down tumble track → 5 bounces on trampoline

BLUE FLOOR: Backwards over rainbow mat → forward roll → hops over hedgehogs → handstand → tunnel → sideways bear crawl on bars (hands tall) → swings on rings



RED FLOOR: Bear crawl on beams → chin up hold or pull over → donkey kick or handstand → hands on beam and hop feet on squeakers → table or bridge hold → tuck hold or monkey walks down and back → front support hold or forward roll down on low bar



September - Weeks 3 & 4



STAR ROOM: Cartwheel → 3 pull ups with feet on green barrel OR chin up pull over → straddle jump in hoop → walks down beam → foam pit → slide → crawl through the tunnel → chin hold or sole hang on blue bar → follow the turtles

October - Weeks 1 & 2



← RED FLOOR:

Hop and turn on fruit → chin up pull over → forward roll → balance across stepping stones → feet on beam, hop apart to straddle in hoops → monkey walks down and back → glide swings

BLUE FLOOR: →

Hopscotch → cartwheel → handstand → crab walk forward or sideways on beams → tunnel → monkey walks down P bars → tuck hold on rings



TUMBLE TRACK:

Climb up ladder → jump and freeze on squeaker → hop on squeakers (OR backward roll down) → cartwheel → walks on beam → backward roll down wedge → climb up → jumps down track → 5 jumps on trampoline → climb down

October - Weeks 1 & 2



STAR ROOM:

Sole hang on bar → pull ups on bar → table or bridge (4 year olds) hold → run and jump into the foam pit → slide → tunnel → straddle jump in hoop → backward over the rainbow mat

October: Weeks 3 & 4



← BLUE FLOOR:

Backward roll down wedge, step on turtles, jump and turn on the fruit, backwards on balance beam, full turn (princess turn) in hoop/jump full turn for boys, tunnel, sideways bear crawl on bars, and tuck (or pike) hold on rings

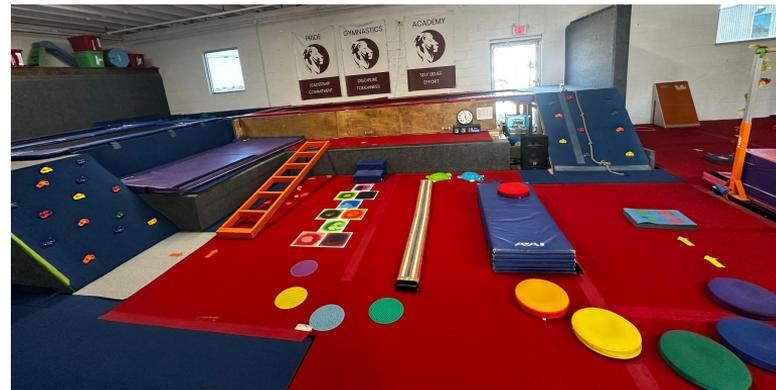
RED FLOOR: →

Step over hedgehogs, chin up pull over, color steps, handstand, wait for turn in circles or hops, climbing wall, handstand, tuck hold on high bar



TUMBLE TRACK:

Climb up the ladder, follow dots, step down to hopscotch, follow the sensory circles, kicks forward on beam, step on the turtles, forward (or backward roll) on panel mat, hop on squeakers, cartwheel, jumps down tumble trak, 5 jumps on trampolines, and climb down wall



October: Weeks 3 & 4



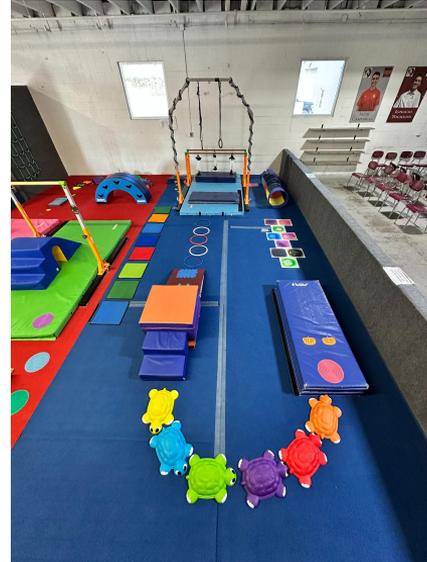
STAR ROOM: Sideways walks on beam, chin up pull over (pass to 3 casts - mermaid kicks - back hip circle), sideways bear crawl, slide, stand on red dot - forward roll (rainbow mat so they don't hit the wall), straight jump down to springboard, straight jump up (or squat on - hands then feet)

October Week 5: Halloween and November Week 1



RED FLOOR: Walk around the spiders, chin up pull over, crawl through the bat cave, balance across the stepping stones, handstand (or cartwheel), monkey walk down and back on high bar, glide swings on low bar

BLUE FLOOR: Run and jump up to mat, balance across the turtles, forward roll w/ hands on pumpkins, hopscotch, crawl through the tunnel, bear crawl on P bars, swings on the rings



TUMBLE TRACK: Climb up the ladder, step over the pumpkins, hop on the squeakers over the bats, handstand, walk across the rainbow steps, cartwheel, climbing wall up, jumps down tumble track, 5 jumps on trampoline, climbing wall down

October Week 5: Halloween and November Week 1



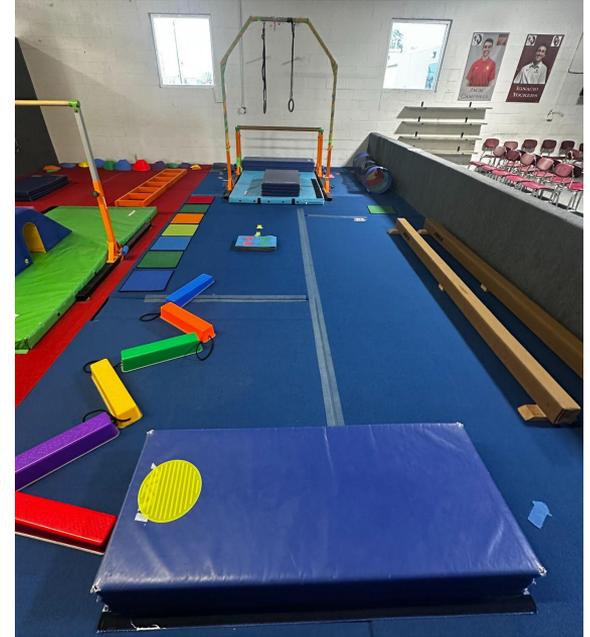
Bear crawl on beam, straight jump up to the hoop, slide, handstand or donkey kick, bat hang on bar and fall to back, forward roll w/ hands on pumpkins, crawl through the tunnel, glide swings on blue bar

November: Weeks 2 & 3



RED FLOOR: Hopscotch, hop on squeakers, chin up pull over, climb up the ladder, stepping stones, climbing wall, forward roll, tuck hold or monkey walk, glide swings

BLUE FLOOR: Cartwheel, color steps, forward (or backward) roll, sideways bear crawl on beams, table top, tunnel, bear crawl on bars, swings on rings



TUMBLE TRACK: Push up walks sideways with hands on beam, straight jump up to mat (or forward roll), balance on the blue beam, handstand, turtles, backwards over rainbow mat, climbing wall, tuck jumps on tumble track, 5 favorite jumps on trampoline, climb down



November: Weeks 2 & 3



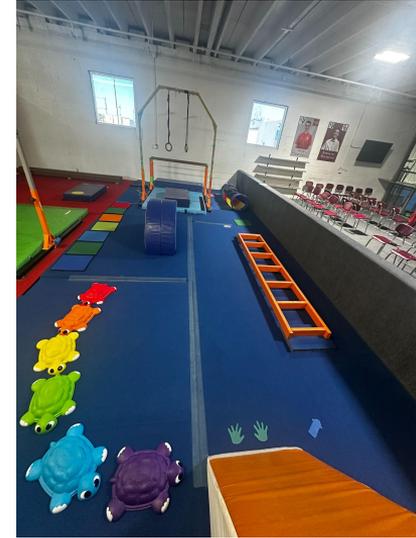
STAR ROOM: Sole hang or tuck hold, chin up pull over (hold chin to bar, try to kick off mat OR jump to front support and forward roll), forward roll on line (OR cartwheel for 4 y/o and adv), slide, step-step-leap over hedgehog, tunnel, full turn or jump full turn for boys, lever or handstand, one foot up on foot down - lunge

November - Weeks 4: Candyland and December - Week 1 & 2



← **BLUE FLOOR:** Back bridge (SPOT)
OR tunnel → turtles → handstand →
climb the ladder → table top → crawl
through the tunnel → bear crawl on P
bars → swings on rings

→ **RED FLOOR:** beam, step & touch
hedgehogs → chin up pullover →
forward roll → bear crawl on beams →
table top → full turn (jump full turn for
boys) → tuck hold → glide swings



TUMBLE TRACK: hop & stop on
squeakers → vault (run, jump, freeze) →
tunnel → color rocks → cartwheel



November - Weeks 4: Candyland and December - Week 1 & 2

STAR ROOM→

Hop on one or two foot on orange line, hop scotch, front support and forward roll, sole hang, slide, lever on panel mat, crawl through the tunnel, walk across the blue beam



December - Weeks: 3 & 4 Holiday



← **BLUE FLOOR:** crawl up ladder → backwards over rainbow mat → straddle jump in hoop → balance beam → tunnel → bear crawl on P bars → swings on rings

RED FLOOR: → Color steps → chin up pull over → cartwheel → handstand → feet together on beam, straddle on squeakers → monkey walk down and back → glide swings



TUMBLE TRACK:

Purple beam (walk, releve, sideways, bunny hop, etc), vault (run, jump, freeze) → balance beam → forward roll on panel mat → follow circles → rock and roll to stand on wedge



December - Weeks 3 & 4: Holiday

STAR ROOM: Jump and turn on the fruit → 5 tuck/straddle/straight jumps on trampoline → chin hold or tuck hold on bar → slide into pit → balance across turtles → crawl through the tunnel → front support hold and forward roll down



January - Weeks 1 & 2



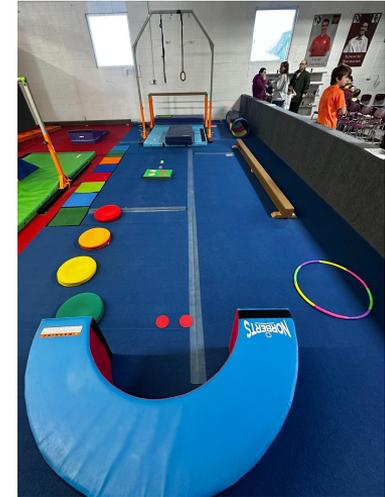
← **TUMBLE TRACK:**

Balance across stepping stones → releve walks on balance beam → follow sensory circles → forward roll on panel mat → handstand → hopscotch → cartwheel → climbing wall → jumps down tumble track → 5 jumps on trampoline → climb down



← **RED FLOOR:** Jump and turn on the fruit → chin up pull over → backward roll → balance beam → climb up the ladder → monkey walks down and back → 3 glide swings

→ **BLUE FLOOR:** Cartwheel → hop on squeakers → hands down and walk around rainbow mat → straddle jump → walks down beam → tunnel → bear crawl → swings on rings



January - Weeks 1 & 2



STAR ROOM:

Walk across color steps → sole hang or tuck hold → donkey kick → slide → sideways bear crawl on balance beams → crawl through the tunnel → 5 jumps on trampoline (straight, tuck, straddle) → forward roll around bar to panel mat with feet together and legs straight

January - Week 3 & 4: Winter Wonderland



← **BLUE FLOOR:** snowflake straddle roll → color tiles → beam (grab 1 “snowballs”, step over the snowflakes and drop them in hoop) → handstand → hands on green, feet on carpet sideways → tunnel → bear crawl → rings

→ **RED FLOOR:**

Releve walks on beam and FREEZE on snowflake → chin up pullover or chin ups → color rocks → roll snowball along wall and into hoop → donkey kick or handstand DON'T knock over the ice cubes → tuck hold like a snowball drop and freeze → glide swings



TUMBLETRACK:

Climb up the ladder over the snowflakes → bear crawl forward → hop on the snowflakes → crawl through the tunnel → snowflake straddle jump → balance across the color steps → backward roll down wedge → climbing wall → straddle jumps down → jumps on trampoline → climb down



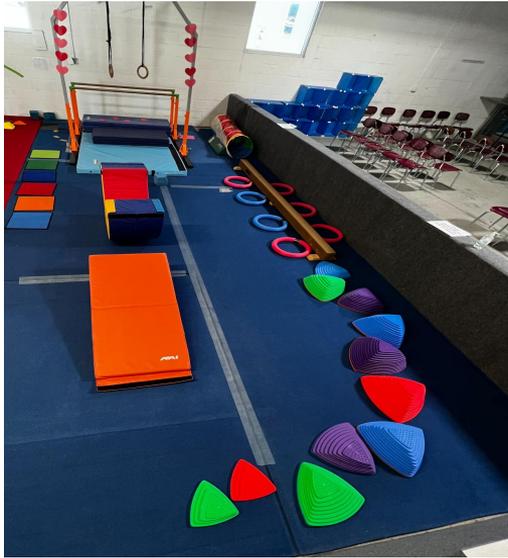
January - Weeks 3 & 4: Winter Wonderland



STAR ROOM:

Straight jump and freeze on snow flakes (no run) → forward roll around bar → 5 snowflake straddle jumps → build a snowman with pit blocks, then slide down the slide → sole hang like an icicle → crawl through the tunnel → table or bridge hold over the snowflake → cartwheel (make a rainbow with feet like the snowflakes on the wall)

February - Weeks 1 & 2: Valentine's



← BLUE FLOOR:

Rock n roll (or tunnel & forward roll) → color rocks → either butterfly hands & hop through hoops OR step foot into hoop → tunnel → bear crawl → rings

→ RED FLOOR:

Sideways bear crawl → bar (CHIN UP PULLOVER OR CHIN HOLD) → cartwheel → vault → color steps → glide swing, tap balloons with toes



TUMBLETRACK:

Crawl up the ladder → jump & freeze on squeakers → beam → handstand → open close on beam (straddle on hearts, jump back on beam) → cartwheel



February - Weeks 1 & 2: Valentine's



NEW ROOM:

Full turn or straight jump 1/1 turn for boys → stepping stones → slide → balance across turtles → donkey kick or handstand → tuck jump in circle → chin up pull over → color steps → chin up hold → go up the steps, straight jump, STICK → foam pit → crawl under → balance on blue beam → wait for turn on dots → bounce house

February - Weeks 3 & 4



BLUE FLOOR:

Color steps → backwards roll → color rocks → beam (walk, sideways, bunny hops, releve, etc) → tunnel → walk on hedgehogs through the bars → rings

RED FLOOR:

Beam & squeakers → bar (chin up or pullover) → under the tunnel → cartwheel → vault → down the beam → glide swings



TUMBLETRACK:

Jump half turn on the fruit → backwards down the ladder → follow the blue “snake” → backward roll or jump freeze off panel mat → sensory colors → cartwheel



February - Weeks 3 & 4



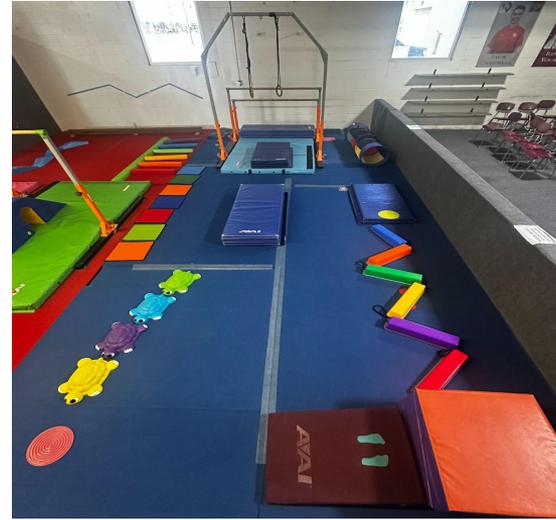
Bear crawl on beam → Color steps → Slide → Chin up pull over → Handstand → Hopscotch
→ Chin up hold → Foam pit → Crawl under tunnel → Balance across turtles → Bounce house

March - Weeks 1 & 2

RED FLOOR: beam and tap the hedgehogs, chin up pullover, hands on beam hop over french fries, balance beam, blue snake, tuck hold, 3 glide swings



TUMBLE TRACK: climb up the ladder, hopscotch, balance across the stepping stones, handstands, walks across the balance beam, cartwheel, tumble track, jumps on the trampolines



BLUE FLOOR: backward roll, follow turtles, run and jump up, rainbow steps, forward roll, tunnel, bear crawl sideways, swings on rings



March - Weeks 1 & 2



STAR ROOM: Straddle on squeakers and feet together on beam, pull ups on bar, handstand or donkey kicks, slide into pit, chin up hold or sole hang, crawl through tunnel, backwards over rainbow mat

March - Weeks 3 & 4: Spring

Red Floor:

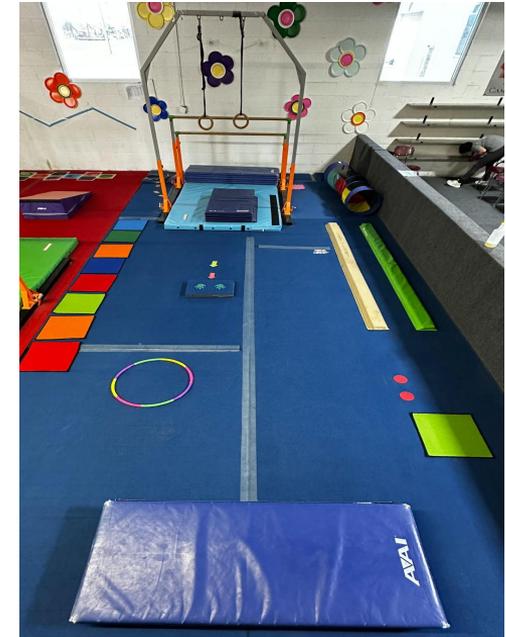
Step around the hedgehogs, chin up pull over, backward roll, hopscotch, climb up the ladder, tuck hold on high bar, glide swings with barrel



Tumble track: Run and jump up to red, forward roll, balance across the color steps, handstand, walks on beam, cartwheel, tumble track



Blue floor: handstand, straddle jump, backward roll off panel mat, table hold on square, bear crawl, tunnel, sideways on p bars, swings on rings



March - Weeks 3 & 4: Spring



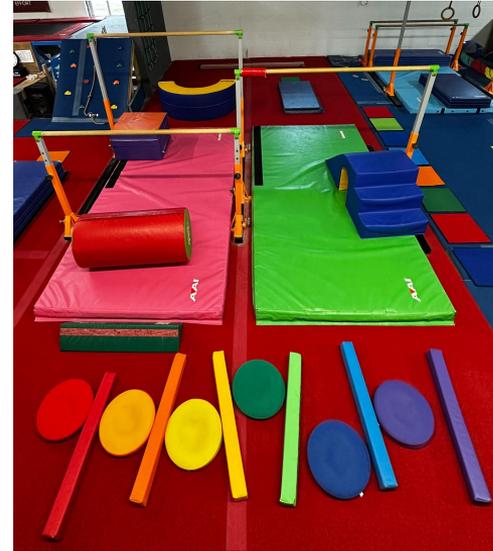
Cartwheel, backwards over rainbow mat, frog jumps, slide, sole hang on bars, crawl through the tunnel, table hold on square, forward roll around the bar to sit

April - Weeks 1 & 2

BLUE FLOOR: Cartwheel, straddle jump, jump and turn on the fruit, handstand, forward releve walks or kicks on beam, tunnel, bear crawl on P bars, swings on rings



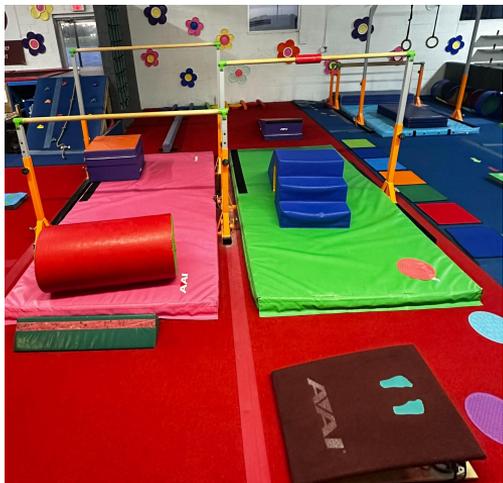
RED FLOOR: Hop on the squeakers over the rainbow, chin up pull over, forward roll, backwards on the laser beam, handstand, monkey walk down and back, glide swings



Tumble track: Stepping stones, sideways on balance beam, sensory circles, hopscotch, climb up the ladder, backward roll, climb up, tumble track, 5 bounces on trampoline, climb down



April - Weeks: 3 & 4 Flowers



RED FLOOR: Run, jump, and freeze → chin up hold or pullover → forward (or backward) roll, hop on the squeakers → releve walks on balance beam → tuck hold on high bar → 3 glide swings with barrel

BLUE FLOOR:
Cartwheel → forward roll → cast hold for 3 sec → gallop between the beams → tunnel → sideways bear crawl → swings on rings



TUMBLE TRACK:
Climb up ladder → step over the hedgehogs → stepping stones → handstand → color steps → cartwheel → tumble track

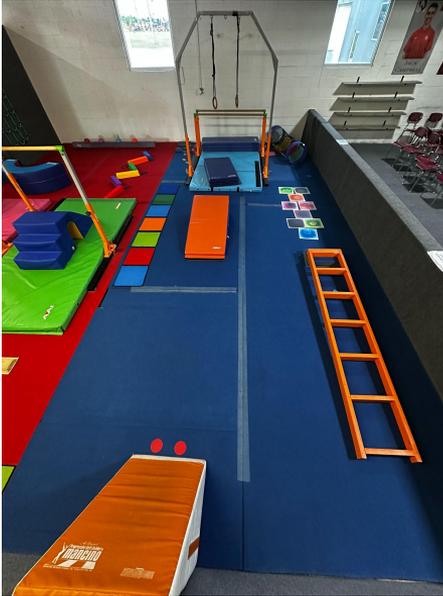


April - Weeks: 3 & 4 Flowers



STAR ROOM: Hopscotch, forward roll around bar, donkey kick or handstand, slide, sole hang on blue bar, crawl through the tunnel, walks on balance beam

May - Weeks: 1 & 2



BLUE FLOOR: Backward roll down wedge → handstand → ladder → hopscotch → tunnel → bear crawl on bars → rings

RED FLOOR: Bear crawl → chin up pullover → color steps → step over hedgehogs → donkey kick or HS → tuck hold → glide swings



TUMBLE TRACK: Sideways bear crawl (hands on beam) or walks → forward roll on panel → turtles → beam (walks, hops, etc) → cartwheel



May - Weeks: 1 & 2



STAR ROOM: Balance across the stepping stones, chin up hold or chin up pullover, forward roll with feet together and arms up when standing, slide, hands on beam and feet hop to squeakers, sole hang on blue bar, run and straight jump up to pink mat

May - Weeks: 3 & 4 Super Hero

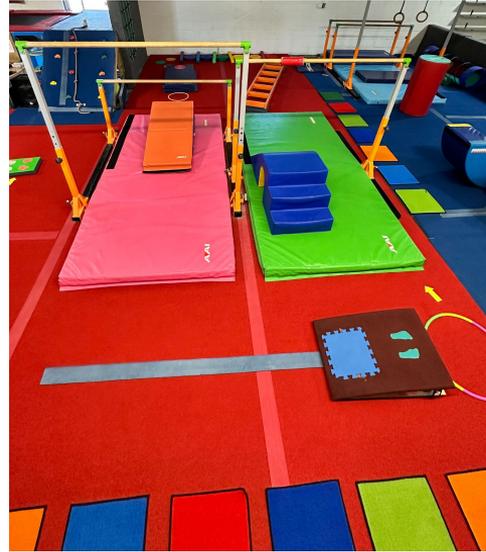


← BLUE FLOOR:

Balance on rocker mat → forward roll → handstand → superman hold → beam and tap hedgehogs → tunnel → spider crawl (crab walk) over bars → use super strength swing and knock down barrel (pow)

RED FLOOR →

Run, jump, and freeze in hoop → chin up pullover → climb across the ladder → jump on squeakers → forward roll on panel mat → Front support → forward roll down on bars



TUMBLE TRACK →

Hands on beam, hop feet in hoops → balance across stepping stones → bear crawl (over "fire") on beams → balance across ninja turtles → cartwheel → tumble track → 5 jumps on trampoline



May - Weeks: 3 & 4 Super Hero



STAR ROOM: Balance across rainbow steps → sole hang on bar* → donkey kick or handstand → slide* → foam pit → chin hold on bar → tunnel* → push up hold or push ups with hands on bar and feet on barrel* → straight jumps through the hoops

Super Hero:

*Spidey hang on bar

*Hulk smash the blocks

*Crawl through the bat cave

*Cast hold with turtle back

June ALL - Showcase Review

TUMBLE TRAK: Climb up ladder → run, jump, and freeze w/ springboard → balance across color steps → handstand (forward roll down) → balance across turtles → scale hold → turtles → cartwheel → straight/tuck jumps down tumble track → straddle jumps on trampoline



BLUE FLOOR: Backward roll (back handspring) → full turn/jump full turn → table (bridge) hold → hop on the squeakers → bear crawl (support swings) → tuck hold (inverted hand/skin the cat) on rings

RED FLOOR: Bear crawl → chin up pull over (back hip circle), forward roll → forward roll on panel → balance beam tap squeakers → donkey kick(handstand) → tuck hold on high bar (with chin up) → glide swings



June Weeks 1 & 2 - Showcase Review



Star Room: Color steps, cast hold for 3 seconds, forward roll around bar (or forward roll, chin up pull over), slide, sole hang or tuck hold (4 year olds only), backward roll down wedge, cartwheel

June Weeks 3 & 4 - Showcase Review



Bear crawl or crab walk across blue beams → chin up pull over → slide → stepping stones → foam pit → donkey kick or handstand → tunnel → apart together in hoops → tuck hold or sole hang on blue bar

July - Showcase

Tumble Track: Climb up ladder → run, jump, and freeze w/ springboard → balance across color steps → handstand (forward roll down) → balance across turtles → scale hold → turtles → cartwheel → straight/tuck jumps down tumble track → straddle jumps on trampoline



Blue Floor: Backward roll (back handspring) → full turn/jump full turn → table (bridge) hold → hop on the squeakers → bear crawl (support swings) → tuck hold (inverted hand/skin the cat) on rings

Red Floor: Bear crawl → chin up pull over (back hip circle), forward roll → forward roll on panel → balance beam → donkey kick(handstand) → tuck hold on high bar (with chin up) → glide swings



July - Week 5

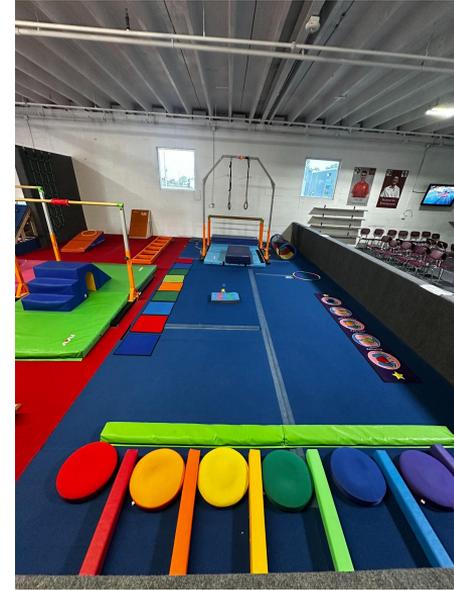


Red Floor:

Backward walks down beam, chin up pull over, climb up the ladder, handstand, forward roll stand up with circle up (no hands by bottom), monkey walk, sole hang

Blue Floor:

Cartwheel, hands on green hop feet on squeakers, jump on fruit, full turn for girls (jump full turn for boys), bear crawl for girls (support walks or swings for boys), rings



Tumble Track:

Balance across stepping stones, passe walks (like a flamingo) on beam, passe steps on circles, forward roll hold circle and stand up with arms up, rainbow steps, backwards over rainbow - may change to barrel if you feel comfortable, climbing wall, change up jumps (tuck, straight, straddle, gallop)

July Week 5



Star Room: balance on turtles, chin up pull over or chin hold, cartwheel, slide, straight jump stick up, straight jump stick down, glide swings, vault (run, straight jump, stick) OR jump forward roll

EXTRA

BLUE FLOOR: rock n roll- SPOTTING STATION, bear crawl, butterfly hops, tunnel, bear crawl, rings



TUMBLE TRACK: beam → fruit mat → follow blue → forward roll (smiley face, feet on eyes, hands on mouth) → beam → squeakers → cartwheel

RED FLOOR: walk on blue beam → SPOTTED BAR → follow color steps → vault → sideways bear crawl on beams → use feet to throw block through hoop



EXTRA



BLUE FLOOR: donkey kick
forward roll → tunnel →
sideways bear crawl → balance
on color steps → bear crawl
over sea creatures → swing on
rings,

RED FLOOR: step & touch
hedgehogs → chin up pullover
SPOTTED or chin up hold →
under rainbow → balance on
steps → keep beach ball out of
the water (roll along the wall) →
hang & freeze → stack blocks

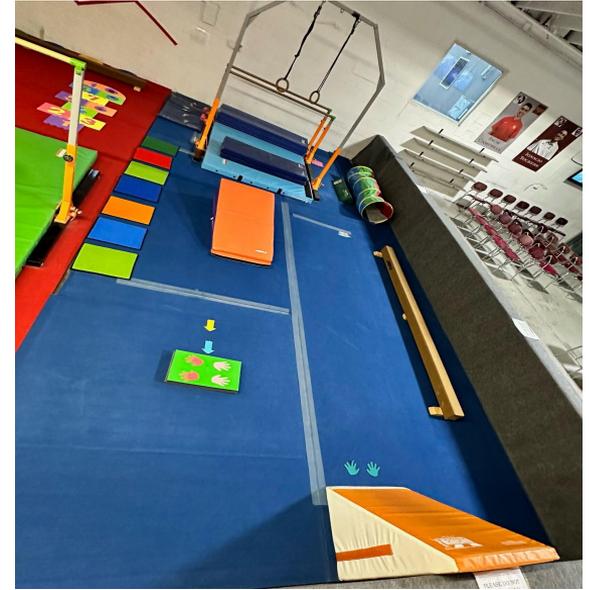
TUMBLE TRACK: balance rocks with feet
backward crawl down the ladder (spot
this instead of the cartwheel if needed)
→ hop on squeakers over flowers →
cartwheel



EXTRA



← **RED FLOOR:** Step over hedge hogs on beam → chin up pull over → hopscotch → hands on beam hop feet on squeakers → cartwheel → glide swings
BLUE FLOOR → backward roll down wedge → cartwheel → handstand against wedge → sideways across balance beam → tunnel → bear crawl across bars → swings on rings



← **TUMBLE TRACK:** Run, jump up → climb down ladder → balance across stepping stones → princess turn **or** jump 1/1 turn in hoop → stepping stones → cartwheel → hop on one foot → bridge over mat

EXTRA



BLUE FLOOR:
cartwheel → blue snake → rainbow mat (slide, tunnel or back bridge) → color steps → tunnel → step or tuck hold over blocks → swing on rings



RED FLOOR: jump & turn on the fruit → chin up pullover OR chin holds → forward or backward roll → handstand → climb up the ladder → hang & freeze → glide swings



TUMBLE TRACK: step over the horses → walk around the “fireworks” → balance rocks → follow blue snake → squeakers

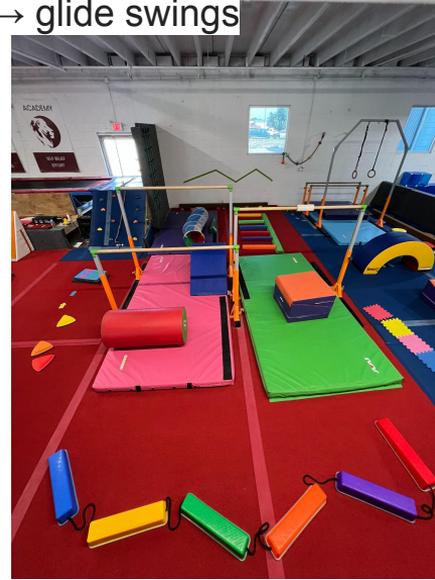
EXTRA



BLUE FLOOR: Crawl under the rainbow → forward roll OR backward roll → beam (sideways, kicks, releve, bunny hops, walk) → butterfly hands and hop on squeakers over the beam → bear crawl → rings

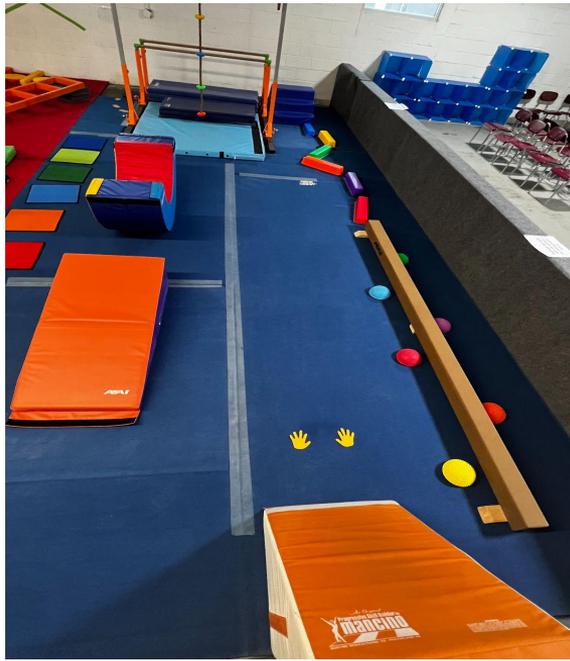


RED FLOOR: Color steps → chin up pullover → feet on green, hands on floor, and sideways over the colors → sideways on the beam tap hedgehogs with toes → tunnel → hang for 10 sec, drop, and freeze → glide swings



TUMBLE TRACK: purple beam (sideways, kicks, releve, bunny hops, walk) → balance rocks → handstand → jump & freeze on black lines → cartwheel

EXTRA Superhero



← **BLUE FLOOR:**
Rock n roll → handstand
→ beam, step & touch
hedgehogs → color
steps → bear crawl →
swing & freeze

RED FLOOR →
Vault (run, jump &
freeze) → rescue the
animals from the fire
(grab and animal, crawl
through tunnel & place in
hoop → ladder →
squeakers → cartwheel
→ glide swings → hang
& freeze

TUMBLETRACK →
Beam (walk, releve, bunny hops) → color rocks
→ sideways bear crawl over the “fire” → color
rocks → cartwheel



EXTRA SET UP



BLUE FLOOR:

Rock n roll OR rainbow mat & forward roll → jump to two feet → follow the blue → jump & turn on fruit → tunnel → follow sensory circles → hands on high bar → feet on low bar → rings



RED FLOOR: Hands on one beam, feet on the other → chin up pullover OR chin hold → squeakers → hands on floor, feet on squeakers → beam & touch hedgehogs



TUMBLE TRACK: crawl up the ladder → push parrellette around the blue tape → follow the blue → butterfly hops OR step and touch numbers → follow picture cards → cartwheel

EXTRA SET UP



TUMBLETRACK:

Run through the hoops → handstand → beam (releve, bunny hop, kick, walk, etc) → balance rocks → rainbow mat (backbend, cartwheel)

← BLUE FLOOR:

Balance on the color steps → beam → cartwheel → tunnel → vault (run, jump, freeze) → monkey walk sideways (hands on high bar, feet on low bar) → swing on rope

RED FLOOR:

Crawl across ladder → chin up pullover OR chin up holds → beam → hands on green beam, hop on squeakers sideways → wobbly mat → hang for 5-10 seconds and freeze → glide swing



EXTRA



← **BLUE FLOOR**
Donkey kicks →
cartwheel → dive
roll → grab 3 bean
bags & drop them
into the hoops →
tunnel → support
hold over the
hedgehog → swing
on rope

RED FLOOR
Balance rocks →
chin up pullover →
hopscotch → roll
ball along wall, walk
on beam & shoot
basketball →
cartwheel → stack
blocks w/ feet →
hang & sit low

TUMBLE TRACK: Crawl up the ladder & sit low on arrows & follow color steps → butterfly hands on beam with feet on squeakers, jump over beam → follow color rocks → back bridge (SPOT) or tunnel



EXTRA



Balance across green balance beam → stepping stones → slide → glide swings → handstand against orange wedge → climb up and over → chin up pull over on blue bar → foam pit → walk across wavy blue beams → hop on favorite foot through hoops → bounce house

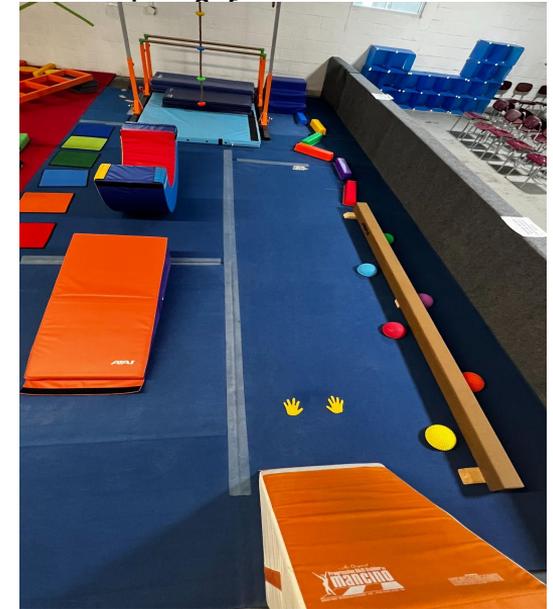
EXTRA Set up

RED FLOOR: Vault (run, jump & freeze) → rescue the animals from the fire (grab and animal, crawl through tunnel & place in hoop) → ladder → squeakers → climb the “web” like Spiderman → glide swings → hang & freeze



BLUE FLOOR:

Rock n roll → handstand → beam, step & touch hedgehogs → color steps → bear crawl →



TUMBLE TRACK:

Beam (walk, releve, bunny hops) → color rocks → sideways bear crawl over the “fire” → color rocks → cartwheel

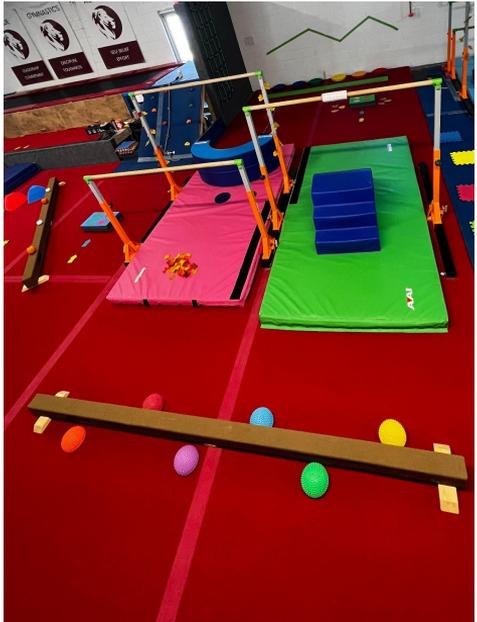


EXTRA



← **BLUE FLOOR:** Roll → donkey kicks → balance beam → tunnel → balance on color steps → handstand → feet on small bar, hands on high bar: monkey walk → rings: pick leaves up with feet

RED FLOOR → Beam: step and touch hedgehogs → bar (chin up pullover or pullups) → cartwheel → hands on green, feet on squeakers, hop feet up to wall and back down → vault (straddle on) → hang, drop & freeze → pick up leaves with feet



TUMBLETRACK: Crawl up the ladder → jump and freeze on panel mat → backward roll (SPOT) lay back on pumpkins, head off the mat → color rocks → step over pumpkins → cartwheel



EXTRA



← BLUE FLOOR:

Color steps →
cartwheel →
handstand → ladder
(either crawl
backwards or forward)
→ steps → hands on
high bar, feet on low
bar (hanging) → rings

→ RED FLOOR:

Tunnel → bar (chin
hold or chin up
pullover) → crawl
under tunnel →
sideways bear crawl
→ forward roll → glide
swing → hang &
freeze

TUMBLE TRACK:

Balance rocks → vault (run, jump,
freeze) → beam (step & touch
hedgehogs) → jump and freeze on
squeakers → cartwheel



EXTRA



GREEN FLOOR: Hop through the hoops → balance on color blocks → slide → sideways bear crawl over blue beams → balance rocks

PURPLE FLOOR: Step up, slide down → chin up pull over → foam pit → balance on the turtles → crawl through the tunnel → sideways on the balance beam

EXTRA



← BLUE FLOOR

Backward roll →
handstand → table or
bridge hold → sideways
bear crawl → stepping
stones → bear crawl on
P bars → swings on
rings

RED FLOOR →

Hands on beam, hop feet
to squeakers → chin up
pull over → cartwheel →
tunnel →
monkey
back →

TUMBLE TRACK →

Climb up the ladder →
hopscotch → balance across the
rainbow steps → walks down
beam → backwards over
rainbow mat → climbing wall up
→ jumps down → jumps on



EXTRA

STAR ROOM: Forward roll, table or bridge hold, front support on bar, run and jump into foam pit, chin up hold on bar, crawl through the tunnel, slide

