

School Age Lesson Plan



Weeks: October (Weeks 1 & 2)

Theme: Circuits/Straddle (Week 1)

Sub-Theme: Begin Testing (Week 2)

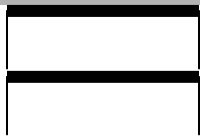
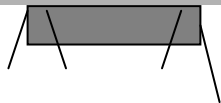

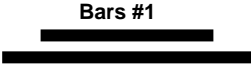
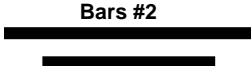

WARM-UP



Song Title: "Good Vibrations"

Album/CD Title: Greatest Sports Rock Vol. 2 - Marky Mark

Props: **Beginning Activities :** Circuit Warm Up Stations: 1. Jumping Jacks. 2. Straddle. 3. Bridge (feet elevated). 4. Jump rope. 5. Handstand (against wall) 6. Jog in place. 7. Side stretch 8. Splits (Stay at each station for 1 minute.)

EVENTS Parallel Bars Pommel Horse Single Bar

 <p><i>Boys:</i> Straddle travels & Bear walks, 2 push ups (feet on bar) <i>Girls:</i> Straddle travels & Bear walks, 2 push ups (feet on bar)</p>	 <p><i>Boys:</i> Stride support <i>Girls:</i> Left leg cut & Right leg cut</p>	 <p><i>Boys:</i> Sole circle swings <i>Girls:</i> Stride Support</p>	<p align="center">Beams</p> <p>Adv. 1. Straddle press H.S. 2. CW to H.S. straddle down 3. CW to H.S. 1/4 turn DM 1. Straddle mount 4. Stride leap Int. 2. Straddle support 3. Cartwheels 1. Straddle mount 4. Step up to squat mount Beg. 2. L-kicks 3. Assemble Everyone: Try straddle jumps & straddle DM</p>	<p align="center">Trampoline</p> <table border="1"> <tr> <td>1</td> <td>Beg. 1. Straddle jump 2. X jump</td> <td>2</td> </tr> <tr> <td>3</td> <td>Int. 1. Straddle jump 2. B.H.S.</td> <td>3</td> </tr> <tr> <td>4</td> <td>Adv. 1. Straddle jump 2. B.H.S. 3. B. layout</td> <td>4</td> </tr> </table> <p>Waiting Stations: 1. Chair Station 2. Jumping Jacks 3. Splits 4. Straddle press H.S. (against incline)</p>	1	Beg. 1. Straddle jump 2. X jump	2	3	Int. 1. Straddle jump 2. B.H.S.	3	4	Adv. 1. Straddle jump 2. B.H.S. 3. B. layout	4
1	Beg. 1. Straddle jump 2. X jump	2											
3	Int. 1. Straddle jump 2. B.H.S.	3											
4	Adv. 1. Straddle jump 2. B.H.S. 3. B. layout	4											
<p align="center">Bars #1</p>  <p>Beginner (on rings) straddle hang (3 seconds) Intermediate: (on rings) straddle hang (5 seconds) Advanced: (on rings) Inverted straddle hang</p>	<p align="center">Bars #2</p>  <p>Beginner: Sole circle swings (3 times) & swing 3x's DM Intermediate: Jump to sole circle swing D.M. & swing 1/2 turn DM Advanced: Cast sole circle swing D.M. & swing 1/2 turn, catch H.B.</p>	<p align="center">Bars #3</p>  <p>Beginner: Straddle shoot Intermediate: F. support, leg cut Advanced: Cast single leg shoot through</p>											

Spring Tumbling Strip	<p><i>Beginner:</i> Bridge kickover (on incline) </p>	<p><i>Intermediate :</i> Back walkover  over barrel</p>	<p><i>Advanced:</i> Back walkover</p>	<p>push up flicks on panel mat (start in push up position, push off floor from shoulders, flick wrists up onto panel mats)</p>
	<p><i>Beginner:</i> 1. Straddle jumps</p>	<p><i>Intermediate:</i> 1. Straddle jumps</p>	<p><i>Advanced:</i> 1. Straddle jumps (F. & B)</p>	
	<p>2. Cartwheels</p>	<p>2. B.H.S. (spot)</p>	<p>2. B.H.S. (series)</p>	

School Age Lesson Plan

Small Tumbl-Trak

Beginner

Circuits:

1. Hand on wrist cartwheel over cones and rope
2. Bridge kickover (spot)
3. Handstand snap-up off
4. Backward straddle roll (on incline)
5. Jump rope
6. Splits (super splits, put 1 foot up on panel mats)

Hop back through hoops & crawl through tunnel



Alternative Intermediate

Circuits:

1. 1-handed cartwheel over cones and ropes
2. Handstand snap-up off trap
3. B.H.S. (spot on incline)
4. Backward straddle roll
5. Jump rope (forward & backwards)
6. Splits (super splits)

Run forward & backwards, chasse and tuck jumps on the way back

Alternative Advanced

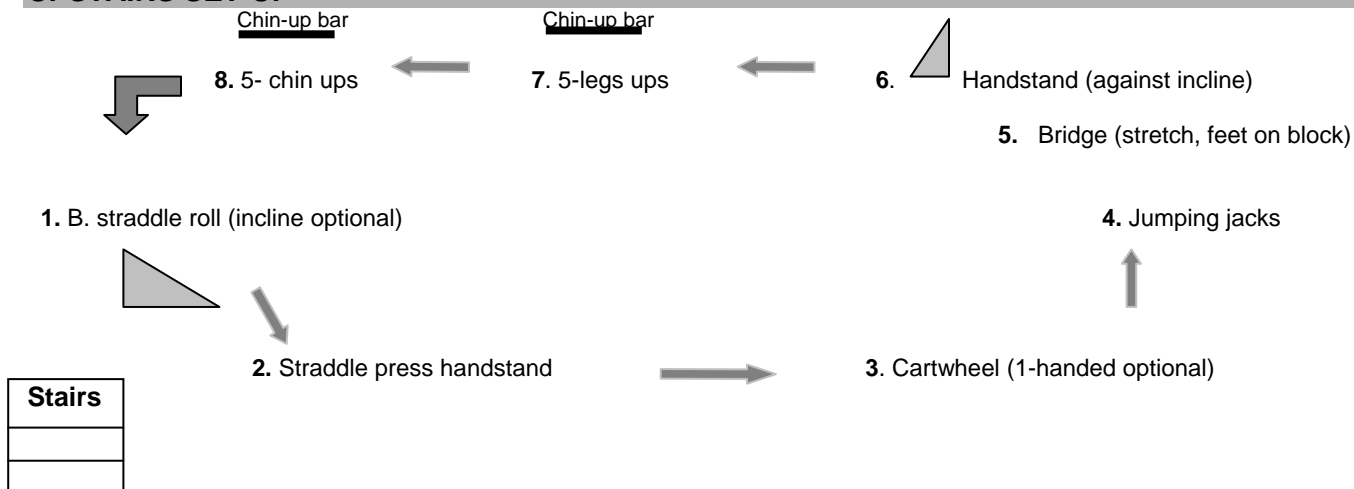
Circuits:

1. Aerial cartwheel over cones and rope
2. Back tuck (spot on incline)
3. Handstand snap-up, B.H.S.
4. Backward straddle roll (straight arms)
5. Jump rope (forwards, backwards & criss cross)
6. Splits (super splits, put 1 foot up on 2 stacked panel mats)

Jump over foam blocks on the way back

Note: Super splits is when the child places the front leg on a block and gently presses their hips to the floor.

UPSTAIRS SET-UP



ENDING ACTIVITY

Hoopla (Week 1)

Pillow Case Race (Week 2) Use pillowcase like a gunny sack

Hoopla is a game where all students line up at one end of the floor ex mat each holding a hoop. They toss the hoop to the floor in front of them, pull it up over their body, and toss it ahead of them again. First one who reaches the other end of the mat wins! "Hurry – do it again".