

School-Age Lesson Plan

Weeks: May (Weeks 3 & 4)

Theme: Springs Weeks

Sub-Theme: Front and back handsprings



WARM-UP

Song Title: "Everybody Salsa"

Album/CD Title: Cole Aleman & the Latin Rhythm

Props:

Beginning Activities: Crazy 8's

EVENTS Parallel Bars



Boys: Crab walk forward & backwards

Girls: Crab walk forward & backwards

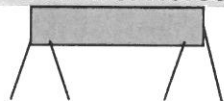
Bars #1

Beginner: Kick up to 3/4 H.S. (Lower bar all the way & put a mat on other side of bar.)

Intermediate: B. hip pullover, B.H.C. underswing D.M.

Advanced: Long hang pullover, B.H.C. kip down

Pommel Horse



Boys: F. support, squat shoot through to L-support

Girls: F. support, squat shoot through to L-support

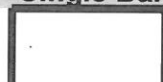
Bars #2

Beginner: B. hip pullover, cast 10 times F. roll, hang in tuck

Intermediate: B. hip pullover H. B. cast 10 times F. roll hang in tuck

Advanced: B. hip pullover, cast squat on grab bar, 3 chin-ups

Single Bar



Boys: Headstand against wall

Girls: Headstand against wall

Bars #3

Beginner: B. hip pullover, B.H.C. (spot if needed) & kick to handstand (stand on trapezoid)

Intermediate: Kick to handstand (stand on trapezoid)

Advanced: Kick to handstand 1/2 pirouette

Beams

1. F.H.S. or Barani DM 2. B.H.S. on low beam
Adv. 3. Front scale above horizontal
 5. F. roll mount (lay thin mat over beam)

Int. 1. F.H.S. DM 2. Back walkover (spot)
 3. Front scale horizontal
 4. Cartwheel

Beg. 1. Round-off DM 2. Candlestick
 3. Front scale horizontal

Everyone: Jump rope on beam

Note: Try weightlessness - holding a rope, the teacher pulls the student across as they jump

Trampoline

Beg. 1. Back drop onto mat
 2. Two person jump rope on tramp

Int. 1. Back drop 1/2 turn
 2. Two person jump rope

Adv. 1. Cradle
 2. Two person jump rope

Spring Tumbling Strip

Beginner: 1. Round-off flyback on two stacked mats
 2. Front scale to F. roll 3. B. roll

Intermediate: 1. Round-off B.H.S. (spot)
 2. Handstand F. roll 3. Back extension roll

Advanced: 1. Round-off B.H.S. 2. H.S. F. roll with straight arms
 3. B.H.S. in a row 4. F.H.S. & Flyspring

Beginner: 1. F.H.S. & B.H.S. over barrel
 2. Round-off flyback (onto mats)

Intermediate: 1. F.H.S. or Flyspring
 2. B.H.S. or Round-off B.H.S.

Advanced: 1. Back tucks in a row
 2. Front tucks

3. Barani, Back tuck

Strength Stations:
 -Hollow body (10 sec)
 -Push-ups with feet on trapezoid

School-Age Lesson Plan

FLOOR STATIONS & SET-UP

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Small Tumbi Trak

Beginner

1. Backward roll out of 1/2 donut

2. F. H.S. over barrel
3. B.H.S. over barrel
4. Front & back walkovers (spot)
5. **Cross mat tumbling:**
-Handstand F. roll step-out, cartwheel
-Handstand snap-up, round-off
-Tripod or headstand

Handstand snap-up off trapezoid

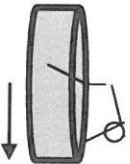
Alternative Intermediate

1. Back extension roll out of 1/2 donut
2. F. H.S. (spot)
3. B.H.S. on incline (spot)
4. Front & back walkovers (over barrel)
5. **Cross mat tumbling:**
-Handstand F. roll step-out, 1-handed cartwheel
-Handstand snap-up, power round-off
-Headstand

Alternative Advanced

1. Backward roll (straight arms) out of 1/2 donut
2. F. H.S.
3. Round-off B.H.S. (spot)
4. Front & back walkovers
5. **Cross mat tumbling:**
-Handstand F. roll step-out (straight arms), cartwheel pick up hands
-Handstand snap-up, B.H.S.
-Headstand (straddle & pike)
-F. roll, B.H.S.


*Everyone try front headsprings out of donut. Head and hands start on edge of donut.



UPSTAIRS SET-UP

Chin-up bar

Chin-up bar

- Skills down the mat: 
1. Walk on hands (forward & backward)
 2. Knee round-off, backward roll or back extension roll
 3. Cartwheel step together, jump 1/2 turn, handstand F. roll
 4. F. roll to straddle, F. straddle roll to squat, F. pike roll

Rainbow mats

Stairs

Seat drop
1/2 turn

Trampoline

ENDING ACTIVITY

Newspapers – See attached sheet

Newspaper: (It's a math lesson, too)

1. Scatter folded papers around room and kids run, skip, hop, jump, gallop, leap around and over them.
2. Hold hands with kids, make a train, and run around the papers to make figure 8's.
3. Open up paper completely and child runs with it, behind it, above it.
4. Get on all fours and Crawl and not lose the paper.
5. Completely unfold the paper and child throws it in the air in front of them. They run into it and see if it sticks to them.
6. Have them place a folded paper behind their bent leg holding it between their hamstring and calf muscles...have them hop.
7. Fold in half and balance it on their head. Turn, kneel down, and lay down all without losing the paper.
8. Twist a long sheet and two kids hold it to do motor skills, etc.
9. Place on head, walk... (all this on beam, too)
10. At end of class crumble up the sheets of newspaper and have a snowball fight.

Crazy Eights is an ending activity where the kids count loudly in sets of eight, you can use any upbeat music, we use Pati LaBelles "New Attitude." Here are the steps... Each movement is eight counts:

1. Windshield wiper the feet to standing with feet shoulder width apart. (windshield the feet is to make the feet slide out by putting the toes in and out)
2. Slowly bend at the waist with hands resting on the knees and the knees soft until hands are on the floor.
3. Walk hands out to a push-up position.
4. Do 8 push-ups.
5. Walk hands back.
6. Slowly come back up to a stand with the hands going to the knees again for support and the knees staying soft.
7. Windshield wiper feet in and out and move them back together again.
8. Slap hands alternately 8 times.