

JK LESSON PLANS Weeks 7&8

GOALS:

1. LEAP JUMP OVER OBSTACLE
2. BALANCE ON ONE LEG
3. CLIMB ONTO BOX JUMP OF SAFELY
4. LOG ROLL
5. WEIGHT ON HANDS UPSIDE DOWN WITH FEET ON BOX
6. HANG IN TUCK
7. WEIGHT ON HANDS, FEET TRAVEL IN DIFFERENT DIRECTIONS
8. SAFE LANDINGS

Station	Drill/Skill	Equipment
BARS	<ol style="list-style-type: none"> 1. Floor bar, feet on box, push up hold lift one leg then the other 2. Jump feet on bar to straddle 3. Pike hang with foam between feet (hold 5 seconds) 4. Straddle swing on rings <p>SIDE STATIONS</p> <ol style="list-style-type: none"> 1. Feet on small box walk feet round 2. Climb up wall bars 3. Various jumps off box, stuck 	<ol style="list-style-type: none"> 1. Floor Bar 2. Foam Cube <p>SIDE STATIONS</p> <ol style="list-style-type: none"> 1. Small box 1. Big box
BEAM	<ol style="list-style-type: none"> 1. On beam 1, front roll with spot 2. Stuck Landing off Beams 3. Beam 2, bunny hops 4. Beam 3 (LOW), tuck on mount <p>SIDE STATIONS</p> <ol style="list-style-type: none"> 1. Hands on floor, feet on box, donkey kicks up to handstand 2. Front Roll on bacon beam or road beam with mat under 3. On mushroom or box, airplane hold 	<ol style="list-style-type: none"> 1. Beam 2. Mat at the end of the beam 3. Beam 4. Pylons or bean bags <p>SIDE STATIONS</p> <ol style="list-style-type: none"> 1. Box 2. Bacon Beam/Road Beam 3. Mushroom (Pommel) or Box

Station	Drill/Skill	Equipment
FLOOR	<ol style="list-style-type: none"> 1. Hands on floor beam feet up on box hold 3 seconds 2. Front Roll on sting mat, stand up without hands 3. From feet fall to front support 4. Kick up to handstand against wall 5. Split Jump off Box off beat board 6. Cartwheel with spot on bacon beam 	<ol style="list-style-type: none"> 1. Floor beam/line and box 2. Sting mat 3. Crash Mat 4. Wall area/big box 5. Beat board 6. Bacon beam
VAULT	<ol style="list-style-type: none"> 1. Run and Jump off beat board donkey kick 2. Plank hold 3. Long jump from one dot to another 4. Fall to flat back on resi mat 5. Walk feet up wall/box to handstand 6. Tuck jumps on crash mat 	<ol style="list-style-type: none"> 1. Beat board and box 2. Box 3. Dots 4. Resi mat 5. Box or wall area 6. Crash mat
TUMBL TRACK	<ol style="list-style-type: none"> 1. Jumps in sequence (Pencil, Tuck, Star, Split, One foot) 2. Mat on Tumble Track donkey kick to handstand flat back 3. Box on Tumble Track jump feet from one side of box to the other <p>SIDE STATIONS</p> <ol style="list-style-type: none"> 1. Two tiny beat boards jump jump stick 2. Bridge with feet on box 3. Leap over box 	<ol style="list-style-type: none"> 1. On Tumble Track 2. Mat 3. Box <p>SIDE STATIONS</p> <ol style="list-style-type: none"> 1. Two tiny beat boards 2. Box 3. Box
TRAMPOLINE	<ol style="list-style-type: none"> 1. Jumps in Sequence (Pencil, Tuck, Star, Spin) 2. Seat Drop half turn seat drop 3. Two Foot Jump spin into Foam Pit 4. Back drop on mat stand up <p>SIDE STATIONS</p> <ol style="list-style-type: none"> 1. Jump to back into foam pit 2. Dive front roll into pit 3. Climbing up and down wall bars 	<ol style="list-style-type: none"> 1. On Tramp 2. On Tramp 3. Off Tramp 4. Mat on tramp <p>SIDE STATIONS</p> <ol style="list-style-type: none"> 1. Foam Pit 2. Foam pit 3. Wall Bars