

SK LESSON PLANS Weeks 3&4

GOALS:

1. Rock to stand (NO HANDS)
2. Skipping
3. Hopping: forward, backwards, sideways
4. Shaped Jumps: tuck, star, pike, etc...
5. Static balance on one foot on beam
6. Front support on bars
7. Sole and L-hangs on bars: pike and straddle
8. Forward roll on flat surface
9. Backward roll down incline with spot
10. Seat drop on trampoline
11. Cartwheel
12. Small casts on bar

Station	Drill/Skill	Equipment
BARS	<ol style="list-style-type: none"> 1. Small swings in tuck 2. Pike and tuck hold hanging on the bar 3. Bring legs to bar in straddle position hold for 5 4. Assisted chin up to candle position <p>Side Stations</p> <ol style="list-style-type: none"> 1. Hold front support on floor bar lift one leg then the other 2. Inverse hang on p-bars 3. Hopping side to side through hula hoops on one foot 	<ol style="list-style-type: none"> 1. Bar 2. Bar 3. Bar 4. Bar <p>Side Stations</p> <ol style="list-style-type: none"> 1. Floor bar 2. P-bars 3. Hula hoops
BEAM	<ol style="list-style-type: none"> 1. Small hopping forwards on medium beam 2. Tuck jumps off beam 3. Balancing on one foot in passé step and repeat down the beam 4. Assisted front roll with mat on the beam to stand <p>Side Stations</p> <ol style="list-style-type: none"> 1. Cartwheel over booster block 2. Sideways jumps on road beam 3. Walking backwards tippy toes on floor beam 	<ol style="list-style-type: none"> 1. Low beam 2. Mat at the end of beam 3. Beam 4. Beam and beam pad <p>Side Station</p> <ol style="list-style-type: none"> 5. Booster block 6. Road beam 7. Floor beam

Station	Drill/Skill	Equipment
FLOOR	<ol style="list-style-type: none"> 1. Rolls forward on crash mat 2. Donkey kicks with feet on booster blocks and hands on the floor trying to get to handstand 3. Galloping on line 4. Cartwheel on panel mat 5. Standing hold kicked leg up while balancing on mushroom 6. Banana hold on spotting block 7. Half turn jumps off spotting block 8. Rock and rolls on mat try and stand up without hands 	<ol style="list-style-type: none"> 1. Crash mat 2. Booster block 3. Floor line 4. Panel mat 5. Mushroom 6. Spotting block 7. Spotting block same as above if you want
VAULT	<ol style="list-style-type: none"> 1. Long jumps from dot to dot on one foot 2. Walk feet up wall or box into handstand hold for 5 seconds 3. Straight jump up onto box from beat board 4. Superman hold on spotting block hold for 5 seconds 5. Jump over 2 blocks in a row 6. Donkey kicks, hands on block feet on beat board 	<ol style="list-style-type: none"> 1. Plastic dots 2. Wall area or tall block 3. Box and beat board 4. Spotting block 5. 2 small blocks/foam cubes 6. Block and mini beat board
TUMBLE TRACK	<ol style="list-style-type: none"> 1. Jumps: Forward, backwards, sideways 2. Tuck jumps 3. Straddle Jumps 4. Jumping on one foot 5. Long jumps 6. Donkey kicks from knees to hands 7. Jump roll onto crash mat 	ALL ON TUMBLE TRACK
TRAMPOLINE	<ol style="list-style-type: none"> 1. Straight Jumps 2. Star jumps 3. Full Turns 4. Stomach drops on mat <p>Side Stations</p> <ol style="list-style-type: none"> 1. Wall bars 2. Timbers into the pit and jump front roll in the pit 	<p>1-4. On the trampoline</p> <ol style="list-style-type: none"> 1. Wall bar area 2. Pit 3. Pit