

SK LESSON PLANS Weeks 1&2

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 2. Small swings, then kick legs out into pike and straddle 3. Bring legs to bar in straddle position 4. Walk feet up object while holding onto bar (chin up pull over progression) 5. Side Stations 6. Hold front support on floor bar 7. Inverse hang on p-bars 8. Hopping side to side through hula hoops 	<ol style="list-style-type: none"> 1. Bar 2. Bar 3. Bar 4. Bar and tall object leaning on other bar 5. 6. Floor bar 7. P-bars 8. Hula hoops
BEAM	<ol style="list-style-type: none"> 1. Small hopping forwards on low beam 2. Tuck jumps off beam 3. Balancing on one foot 4. Assisted front roll with mat on the beam <p>Side Stations</p> <ol style="list-style-type: none"> 1. Cartwheel over booster block 2. Straight jumps on road beam 	<ol style="list-style-type: none"> 3. Low beam 4. Mat at the end of beam 5. Beam 6. Beam and beam pad <p>Side Stations</p> <ol style="list-style-type: none"> 1. Booster block 2. Road beam

Station	Drill/Skill	Equipment
FLOOR	<ol style="list-style-type: none"> Rolls forward down cheese Donkey kicks with feet on booster blocks and hands on the floor Skipping through ladder Cartwheel on panel mat Airplane hold on mushroom Banana hold on spotting block Straight jump off spotting block 	<ol style="list-style-type: none"> Cheese mat Booster block Ladder Panel mat Mushroom Spotting block Spotting block same as above if you want
VAULT	<ol style="list-style-type: none"> Long jumps from dot to dot Walk feet up wall or box into handstand Straight jump up onto box from beat board Superman hold on spotting block High knees through ladder or over foam cubes Donkey kicks, hands on block feet on beat board 	<ol style="list-style-type: none"> Plastic dots Wall area or tall block Box and beat board Spotting block Ladder or foam cubes Block and mini beat board
TUMBL TRACK	<ol style="list-style-type: none"> Jumps: Forward, backwards, sideways Tuck jumps Straddle Jumps Jumping on one foot Long jumps Jumps over box Jump roll onto crash mat 	ALL ON TUMBLE TRACK
TRAMPOLINE	<ol style="list-style-type: none"> Straight Jumps Half Turns Full Turns Knee drops <p>Side Stations</p> <ol style="list-style-type: none"> Wall bars Timbers into the pit Jump front roll into the pit 	<ol style="list-style-type: none"> 1-4. On the trampoline Wall bar area Pit Pit