

# JK LESSON PLANS Weeks 9&10

## 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
<b>BARS</b>	<ol style="list-style-type: none"> <li>1. Floor bar, feet on box, push up hold</li> <li>2. Skin the cat on single bar</li> <li>3. Tuck Hang with foam cube on knees (hold 5 seconds)</li> <li>4. Straddle swing on rings</li> </ol> <p><b>SIDE STATIONS</b></p> <ol style="list-style-type: none"> <li>1. Feet on small box walk feet round</li> <li>2. Climb up wall bars</li> <li>3. Various jumps off box, stuck landing</li> </ol>	<ol style="list-style-type: none"> <li>1. Floor Bar</li> <li>2. Foam Cube</li> </ol> <p><b>SIDE STATIONS</b></p> <ol style="list-style-type: none"> <li>1. Small box</li> <li>1. Big box</li> </ol>
<b>BEAM</b>	<ol style="list-style-type: none"> <li>1. On beam 1, walking with hula hoop over head</li> <li>2. Stuck Landing off Beams</li> <li>3. Beam 2, crawl under rainbow</li> <li>4. Beam 3 (LOW), passé holds one foot</li> </ol> <p><b>SIDE STATIONS</b></p> <ol style="list-style-type: none"> <li>1. Hands on floor, feet on box, donkey kicks up to handstand</li> <li>2. Front Roll on bacon beam or road beam with mat under</li> <li>3. On mushroom/ box straddle hold</li> </ol>	<ol style="list-style-type: none"> <li>1. Beam</li> <li>2. Mat at the end of the beam</li> <li>3. Beam</li> <li>4. Pylons or bean bags</li> </ol> <p><b>SIDE STATIONS</b></p> <ol style="list-style-type: none"> <li>1. Box</li> <li>2. Bacon Beam/Road Beam</li> <li>3. Mushroom (Pommel) or Box</li> </ol>

Station	Drill/Skill	Equipment
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. Lever on floor beam</li> <li>2. Front Roll on sting mat</li> <li>3. From feet fall to front support</li> <li>4. Feet on spotting box hands on the ground lift one leg (handstand progression)</li> <li>5. Split Jump off Box</li> <li>6. Cartwheel over box</li> </ol>	<ol style="list-style-type: none"> <li>1. Floor beam/line</li> <li>2. Sting mat</li> <li>3. Crash Mat</li> <li>4. Spotting box</li> <li>5. Booster box</li> <li>6. box</li> </ol>
<b>VAULT</b>	<ol style="list-style-type: none"> <li>1. Run and Jump off beat board donkey kick</li> <li>2. Banana holds on box</li> <li>3. Knees up running through ladder or on dots</li> <li>4. Fall to flat back on resi mat</li> <li>5. Walk feet up wall/box to handstand</li> <li>6. One foot jump up onto little box</li> </ol>	<ol style="list-style-type: none"> <li>1. Beat board and box</li> <li>2. Box</li> <li>3. Ladder / Dots</li> <li>4. Resi mat</li> <li>5. Box or wall area</li> <li>6. Little box</li> </ol>
<b>TUMBLE TRACK</b>	<ol style="list-style-type: none"> <li>1. Jumps (Pencil, Tuck, Star, Split, One foot)</li> <li>2. Mat on Tumble Track small jump to roll land flatback</li> <li>3. Box on Tumble Track, jump feet from one side of box to the other</li> </ol> <p><b>SIDE STATIONS</b></p> <ol style="list-style-type: none"> <li>1. One-foot long Jump from one Hula Hoops to the other</li> <li>2. Kick up to handstand fall to back</li> <li>3. Jump off box rebounding up</li> </ol>	<ol style="list-style-type: none"> <li>1. On Tumble Track</li> <li>2. Mat</li> <li>3. Box</li> </ol> <p><b>SIDE STATIONS</b></p> <ol style="list-style-type: none"> <li>1. Hula Hoops x2</li> <li>2. Mat</li> <li>3. 2 Boxes</li> </ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"> <li>1. Jumps in Sequence (Pencil, Tuck, Star, Spin)</li> <li>2. Seat Drop half turn seat drop</li> <li>3. Two Foot Jump into Foam Pit</li> <li>4. Back drop on mat</li> </ol> <p><b>SIDE STATIONS</b></p> <ol style="list-style-type: none"> <li>1. Timbers to back into foam pit</li> <li>2. Front roll into pit</li> <li>3. Climbing up and down wall bars</li> <li>4. Kick up to handstand against incline on wall</li> </ol>	<ol style="list-style-type: none"> <li>1. On Tramp</li> <li>2. On Tramp</li> <li>3. Off Tramp</li> <li>4. Mat on tramp</li> </ol> <p><b>SIDE STATIONS</b></p> <ol style="list-style-type: none"> <li>1. Foam Pit</li> <li>2. Foam pit</li> <li>3. Wall Bars</li> <li>4. Incline / Wall Area</li> </ol>