



Creative Gymnastics Center  
Lesson Plan 3  
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Warm Up Song:

Let's Star Jump! (Jumping jacks/straddles) When the song says "Shuffle your feet" keep your feet together and move them to the left a few times and then to the right.

Circle Rug:

Circle Rug...

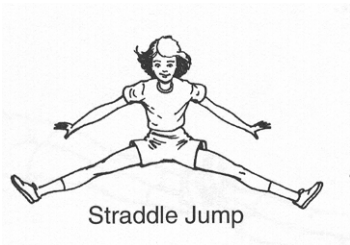
Review Pike and teach Straddle

While sitting in a pike position, pretend to cut your pike in half and TA DA, now you have a STRADDLE POSITION!

Circuit :

Vaulting Stations

- Hopscotch Rug is a great way to teach the correct foot technique/coordination needed for vault.
- Jump 3 times on baby beat board to Freeze landing
- Jump 3 times on baby beat board to Straddle Jump off the board and Freeze landing.
- Squat on stations
- Bunny Hop station (hands, feet, hands, feet, repeat)



Musical Activity:

Spin Again!

New Skill!

Teaching Cartwheels

- Two blocks will be set up with foot & handprints to teach beginner cartwheels. The first step in teaching cartwheels is called FLANKING. FLANKING is lifting the hips up and putting weight on the arms. The teacher should spot one mat and the student can work on the other block.
- Duct tape will be placed on the floor for students to walk their feet out in a straddle split. Students should stop when they feel pain or discomfort.
- Forward roll station
- Crawl thru hoop without ringing the bell.
- Straddle jumps on trampoline
- Handstands against the wall

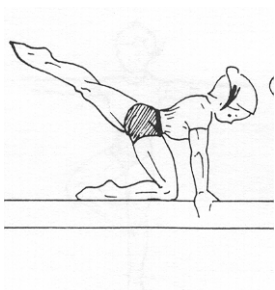


**STRADDLE**

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**Circuit:**



**Balance Beam Fun:**

**Musical Activity:** While standing on balance beam play the song, You Can Clap Your Hands. Follow the instructions while having fun and balancing.

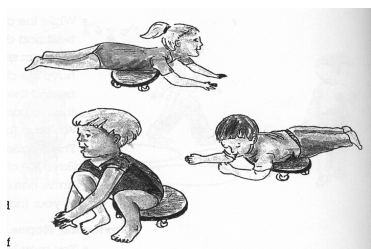
- March across beam and gently tap knees with hands
- Kicks behind with hands on hips
- Walking sideways with hands on shoulders
- Crawl across beam, stop and hold a knee scale in the center.

**Circuit:**

**Bars, Bars and more Bars!**

- Teacher spots chin up pullover as the student “runs” his legs up a wedge and pull his body over the bar.
- Travel through a hanging hula hoop without touching the hoop.
- Hang from rings and pike to straddle
- Leg lifts by sitting on a wedge and bringing ankles to the low bar

**Fun Activity:**



**Human Bowling!**

Take your students (and two scooters) out to the tumble track by the garage door. Place one student at a time on the scooter, on his stomach. Have the rest of your students help you build a small pyramid of foam at the opposite end of the tumble track. Gently push the student down the track to see how many foam cubes he/she can tip over. Repeat until everyone has a turn. Warn your students to watch where they place their hands so they don't run over their fingers.



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**Circuit:**

**Pit Fun!**

- Depending on the age of your students, you may want to have the class sit around the pit and slide in on your command. Some students will be scared and others will be ready to jump in feet first!
- Start by doing straddle jumps into the pit off of blocks. Two blocks will be set up to make this station go faster. Be certain you have control of your class and do not allow anyone to get jumped on in the pit. Explain where to climb out of the pit and how to return to the line.
- If Straddle Jumps off of blocks goes well, try doing them one at a time off of the tumble track and into the pit. Do not allow your students to run the entire length of the tumble track or they will not be able to control their jumps.

**Week Two of Lesson Plan 3**

**Warm Up Song:** Let's Star Jump (Review from last week)

**Musical Activity:** Shake Break!

**Reminder: Wacky Week**

Monday students dress Wacky on Monday, October 24th

Wednesday students dress Wacky on Wednesday, October 26<sup>th</sup>

Thursday students dress Wacky on Thursday, October 27<sup>th</sup>

No class on Halloween night (Monday, October 31<sup>st</sup>!)

Instructors are expected to dress Wacky too!

