



PRIDE
GYMNASTICS ACADEMY

BOYS REC LESSON PLANS

Intermediate

COACHING GUIDELINES

- Please be at work at least 30 minutes before the start of your class to review setup and check for makeups/ trials.
- Go to the bathroom before class and be ready to coach on time.
- You are required to wear a watch so keep track of time and station changes. **YOUR PHONE DOES NOT COUNT.**
- Engage when coaching & be hands on
- No standing with arms crossed or in pockets, no sitting unless you are spotting.
- **NO PHONES WHILE COACHING.** First thing you do when you get to the gym is set your phone aside.
- Must give at least 2 weeks prior if possible for absences (unless its an emergency) and it is your responsibility to find a substitute.
- Dress code: Pride Shirt and appropriate shorts..
- Do not leave your class unattended, have someone watch them if you need to step away, **EMERGENCY ONLY**
- Learn names of kids and address them by name as quickly as you can.
- Talk to the parents after class if possible. It creates a bond that the parents appreciate.

ADDITIONAL GUIDELINES

Spotting:

- When spotting make sure you are positioned to where you can view the rest of the class at all times.
- When spotting bars, always have at least one hand on the child. Be prepared for their hands to slip or for them to let go.
- Never allow kids to do skin the cats alone and rotate their shoulders around. Spot them and make them drop before their shoulders rotate, help them land.
- When spotting cartwheel, ALWAYS spot from the side of their favorite foot.
- When spotting any sort of flip or roll, be sure the child's neck is protected.

ROTATION SCHEDULES

CLASS TIME 55 MINUTES

1. WARM UP - 10 minutes max
2. ROTATION # 1 - 15 minutes
3. ROTATION # 2 - 15 minutes
4. ROTATION # 3 - 15 minutes

Odd Week

**Beginners- P-bars, Rings &
Trampoline/Vault**

**Intermediate Floor, H-bar & Strength
training**

Theme Week

**All Classes- Strength Training, Themed Games
& Trampoline**

Even Week

Beginners- Floor, H-bar & Strength training

**Intermediate- P-bars/Mushroom, Rings &
Trampoline/Vault**

Review Week

**All Classes Review each Event, including
Strength Training & Trampoline**

Boys Rec Rotation Times Even Week

Monday

Beginner: 10:00- 10:55

11:00- 11:10 - Warm Up
11:10- 11:25 - Rings
11:25- 11:40 - P-bars
11:40- 11:55 - Tramp/Vault

Advanced: 7:30- 8:25

7:30- 7:40 - Warm Up
7:40- 7:55 - Conditioning
7:55- 8:10 - H-bar
8:10- 8:25 - Floor

Intermediate: 12:00- 12:55

12:00- 12:10 - Warm Up
12:10- 12:25 - Conditioning
12:25- 12:40 - H-bar
12:40- 12:55 - Floor

Beginner: 4:30- 5:25

4:30- 4:40 - Warm Up
4:40- 4:55 - Rings
4:55- 5:10 - P-bars
5:10- 5:25 - Tramp/Vault

Beginner A: 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Rings
5:55- 6:10 - P-bars
6:10- 6:25 - Tramp/Vault

Beginner B: 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Conditioning
5:55- 6:10 - H-bar
6:10- 6:25 - Floor

Intermediate: 5:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Conditioning
6:55- 7:10 - H-bar
7:10- 7:25 - Floor

Intermediate: 6:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Conditioning
6:55- 7:10 - H-bar
7:10- 7:25 - Floor

Tuesday

Beginner: 4:30- 5:25

4:30- 4:40 - Warm Up
4:40- 4:55 - Rings
4:55- 5:10 - P-bars
5:10- 5:25 - Tramp/Vault

Beginner: 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Rings
5:55- 6:10 - P-bars
6:10- 6:25 - Tramp/Vault

Beginner: 6:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Rings
6:55- 7:10 - P-bars
7:10- 7:25 - Tramp/Vault

Advanced: 7:30- 8:25

7:30- 7:40 - Warm Up
7:40- 7:55 - Conditioning
7:55- 8:10 - H-bar
8:10- 8:25 - Floor

Wednesday

Beginner: 10:00- 10:55

11:00- 11:10 - Warm Up
11:10- 11:25 - Rings
11:25- 11:40 - P-bars
11:40- 11:55 - Tramp/Vault

Beginner: 11:00- 11:55

11:00- 11:10 - Warm Up
11:10- 11:25 - Rings
11:25- 11:40 - P-bars
11:40- 11:55 - Tramp/Vault

Advanced: 12:00- 1:30

12:00- 12:10 - Warm Up
12:10- 12:30 - H-bar
12:30- 12:50 - Pommel horse
12:50- 1:10 - Floor
1:10- 1:30 - Conditioning

Beginner: 4:30- 5:25

4:30- 4:40 - Warm Up
4:40- 4:55 - Rings
4:55- 5:10 - P-bars
5:10- 5:25 - Tramp/Vault

Beginner: 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Rings
5:55- 6:10 - P-bars
6:10- 6:25 - Tramp/Vault

Intermediate 6:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Conditioning
6:55- 7:10 - H-bar
7:10- 7:25 - Floor

Thursday

Beginner: 10:00- 10:55

10:00- 10:10 - Warm Up
10:10- 10:25 - Rings
10:25- 10:40 - P-bars
10:40- 10:55 - Tramp/Vault

Intermediate: 11:00- 11:55

11:00- 11:10 - Warm Up
11:10- 11:25 - Conditioning
11:25- 11:40 - H-bar
11:40- 11:55 - Floor

Beginner: 4:30- 5:25

4:30- 4:40 - Warm Up
4:40- 4:55 - Rings
4:55- 5:10 - P-bars
5:10- 5:25 - Tramp/Vault

Beginner: 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Rings
5:55- 6:10 - P-bars
6:10- 6:25 - Tramp/Vault

Intermediate: 6:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Conditioning
6:55- 7:10 - H-bar
7:10- 7:25 - Floor

Advanced: 7:30- 8:25

7:30- 7:40 - Warm Up
7:40- 7:55 - Conditioning
7:55- 8:10 - H-bar
8:10- 8:25 - Floor

Saturday

Beginner: 10:00- 10:55

10:00- 10:10 - Warm Up
10:10- 10:25 - Conditioning
10:25- 10:40 - H-bar
10:40- 10:55 - Floor

Theme Week

10 minutes- Warm up
15 minutes- #1 Strength Training
25 minutes- #2 Theme Games
5 minutes- #3 Trampoline

Review Week

10 minutes- Warm up
7.5 minutes-
7.5 minutes-
7.5 minutes-
7.5 minutes-
7.5 minutes- Strength Training
7.5 minutes- Trampoline

Boys Rec Rotation Times Odd Week

Monday

Beginner: 10:00- 10:55

11:00- 11:10 - Warm Up
11:10- 11:25 - Conditioning
11:25- 11:40 - H-bar
11:40- 11:55 - Floor

Advanced: 7:30- 8:25

7:30- 7:40 - Warm Up
7:40- 7:55 - Rings
7:55- 8:10 - P-barfs
8:10- 8:25 - Tramp/Vault

Intermediate: 12:00- 12:55

12:00- 12:10 - Warm Up
12:10- 12:25 - Rings
12:25- 12:40 - P-bars
12:40- 12:55 - Tramp/Vault

Beginner: 4:30- 5:25

4:30- 4:40 - Warm Up
4:40- 4:55 - Conditioning
4:55- 5:10 -H-bar
5:10- 5:25 - Floor

Beginner (A): 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Conditioning
5:55- 6:10 - H-bar
6:10- 6:25 - Floor

Beginner (B): 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Rings
5:55- 6:10 - P-bar
6:10- 6:25 - Vault/Tramp

Intermediate: 5:30- 6:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Rings
6:55- 7:10 - P-bars
7:10- 7:25 - Tramp/Vault

Intermediate: 6:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Rings
6:55- 7:10 - P-bars
7:10- 7:25 - Tramp/Vault

Tuesday

Beginner: 4:30- 5:25

4:30- 4:40 - Warm Up
4:40- 4:55 - Conditioning
4:55- 5:10 - H-bar
5:10- 5:25 - Floor

Beginner: 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Conditioning
5:55- 6:10 - H-bar
6:10- 6:25 - Floor

Beginner: 6:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Conditioning
6:55- 7:10 - H-bar
7:10- 7:25 - Floor

Advanced: 7:30- 8:25

7:30- 7:40 - Warm Up
7:40- 7:55 - Rings
7:55- 8:10 - P-bars
8:10- 8:25 - Tramp/Vault

Wednesday

Beginner: 10:00- 10:55

11:00- 11:10 - Warm Up
11:10- 11:25 -Conditioning
11:25- 11:40 -H-bar
11:40- 11:55 - Floor

Beginner: 11:00- 11:55

11:00- 11:10 - Warm Up
11:10- 11:25 - Conditioning
11:25- 11:40 - H-bar
11:40- 11:55 - Floor

Advanced: 12:00- 1:30

12:00- 12:10 - Warm Up
12:10- 12:30 - Rings
12:30- 12:50 - P-bars
12:50- 1:10 - Vault
1:10- 1:30 - Tramp/Conditioning

Beginner: 4:30- 5:25

4:30- 4:40 - Warm Up
4:40- 4:55 - Conditioning
4:55- 5:10 - H-bar
5:10- 5:25 - Floor

Beginner: 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Conditioning
5:55- 6:10 - H-bar
6:10- 6:25 - Floor

Intermediate 6:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Rings
6:55- 7:10 - P-bars
7:10- 7:25 - Tramp/Vault

Thursday

Beginner: 10:00- 10:55

10:00- 10:10 - Warm Up
10:10- 10:25 - Conditioning
10:25- 10:40 - H-bar
10:40- 10:55 - Floor

Intermediate: 11:00- 11:55

11:00- 11:10 - Warm Up
11:10- 11:25 - Rings
11:25- 11:40 - P-bars
11:40- 11:55 - Tramp/Vault

Beginner: 4:30- 5:25

4:30- 4:40 - Warm Up
4:40- 4:55 - Conditioning
4:55- 5:10 - H-bar
5:10- 5:25 - Floor

Beginner: 5:30- 6:25

5:30- 5:40 - Warm Up
5:40- 5:55 - Conditioning
5:55- 6:10 - H-bar
6:10- 6:25 - Floor

Intermediate: 6:30- 7:25

6:30- 6:40 - Warm Up
6:40- 6:55 - Rings
6:55- 7:10 - P-bars
7:10- 7:25 - Tramp/Vault

Advanced: 7:30- 8:25

7:30- 7:40 - Warm Up
7:40- 7:55 - Rings
7:55- 8:10 - P-bars
8:10- 8:25 - Tramp/Vault

Saturday

Beginner: 10:00- 10:55

10:00- 10:10 - Warm Up
10:10- 10:25 - Rings
10:25- 10:40 - P-bars
10:40- 10:55 - Tramp/Vault

Theme Week

10 minutes- Warm up
15 minutes- #1 Strength Training
25 minutes- #2 Theme Games
5 minutes- #3 Trampoline

Review Week

10 minutes- Warm up
7.5 minutes-
7.5 minutes-
7.5 minutes-
7.5 minutes- .
7.5 minutes- Strength Training
7.5 minutes- Trampoline



Lesson plan instructions

1. WHEN LOOKING OVER ROTATION SCHEDULE, THE FIRST MONDAY AFTER EVALUATIONS WILL BE ODD WEEK.

- I. FOR EXAMPLE- MONDAY, AUGUST 7TH 2023
 1. BEGINNERS ROTATIONS WILL BE VAULT, BEAM & STRENGTH TRAINING
 2. INTERMEDIATE AND ADVANCED ROTATIONS WILL BE FLOOR BARS & TRAMPOLINE

2. EACH LESSON PLAN WILL BE IN TWO MONTH INCREMENTS, 9 WEEKS BETWEEN EACH EVALUATION.

- A. LESSON PLANS WILL BE 6 WEEKS
- B. WEEK 7 WILL BE THEME WEEK WITH GAMES
- C. WEEK 8 REVIEW WEEK
- D. WEEK 9 WILL BE EVALUATIONS
 - I. FOR EXAMPLE- FIRST MONTHS 1-2
 1. WEEK #1- ODD WEEK
 2. WEEK #2- EVEN WEEK
 3. WEEK #3- ODD WEEK
 4. WEEK #4- EVEN WEEK
 5. WEEK #5- ODD WEEK
 6. WEEK # 6- EVEN WEEK
 7. WEEK #7- THEME WEEK
 8. WEEK #8- REVIEW WEEK

THEME WEEKS

EVERY OTHER MONTH WILL HAVE A THEME.

JANUARY WINTER WONDERLAND

MARCH SPRING

MAY CLOSED MEMORIAL WEEK

SEPTEMBER FALL

NOVEMBER CANDY

REVIEW & EVALUATIONS

1. REVIEW WEEK, WILL BE GOING THROUGH EACH STATION REVIEWING SKILLS AND TERMINOLOGY.
2. EVALUATION WEEK, WILL NOT HAVE STATIONS. COACHES BE GOING OVER EACH EVENT, AND SKILLS LISTED ON THE EVALUATION SHEET.
 - A. PLEASE REMEMBER TO TURN IN EVALUATION SHEETS TO FRONT DESK AFTER COMPLETING.

Warm Up

First 10 minutes of class

Stretch

1. Arm Circles (8 Counts)
 - a. Forward
 - b. Backward
 - c. Criss cross
 - d. Side to side
2. Star position
3. Flat star position
4. Standing Straddle
 - a. Right
 - b. Left
 - c. Middle
5. Straight body position
6. Standing Pike
7. Eagle stretch (butterfly)
8. Sitting Pike
9. Sitting Straddle
 - a. Right
 - b. Left
 - c. Middle
10. Skin the Cat
11. Wrist stretches
12. Splits (both legs)
 - a. Lunge forward
 - b. Short Split
 - c. Full Split
13. Bridge (Kick over if able)
 - a. Rock- N- Roll



Months 1-2

Months 1-2 will be August & September 2024

1. Week #1- Odd Week (8/5- 8/10)
2. Week #2- Even Week (8/12- 8/17)
3. Week #3- Odd Week (8/19- 8/24)
4. Week #4- Even week (8/26- 8/31)
5. Week #5- odd week (9/2- 9/7)
6. Week #6- review week (9/9- 9/14)
7. Week #7- evaluation week (9/16- 9/21)
8. Week #8- Theme Week (9/23- 9/28)

STRENGTH TRAINING

15 Minute Rotation Months 1-2

Intermediate

Cardio (do each station for 30 seconds, or until the person doing the mat slides have made it down and back at least once)

1. Box jumps
2. Mat slides
3. Squat jumps
4. Straight body punches on and of a panel mat
5. Sprints

Support hold training

1. Partner stacks 10 cones twice (with a different hand each time & taking turns).
2. Wheelbarrow walks (one partner goes down and the they switch and the other goes back)
3. Support jumps over panel mat 20 times (take turns with partner)
4. Walk up the wall to handstand hold for 30 sec



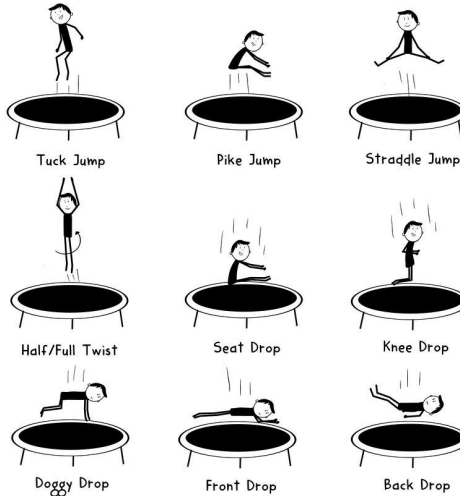
TRAMPOLINE MONTHS 1-2

15 MINUTE ROTATION

INTERMEDIATE-

- Straddle jump
- Seat drop ½ turn
- Doggy Drop
- Seat, Doggy, Roll
- Seat drop to back drop
- Hallow to stomach drop
- Front flip

Trampoline Tricks for Beginners



For Beginner and Intermediate

If there is time after going through the trampoline skills. Work straight jumps on the vault

FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

Rings (SR)

Month 1-2

15 minutes

Intermediate

1. Swings to inverted hang or pike
2. Superman rocks
3. Candlestick pulls
4. L-hold
5. Push-ups with PP devices turned out
6. Pull-ups
7. Heal drives
8. If the strap bar is available set up the black rings and add a support hold station (L -hold can be done in this as well)



High Bar (HB) Months 1-2

Intermediate

1. Glide swings
2. Chin up L- hold
 - a. Can also work pull-over
3. Leg lifts
4. Cast to 45 degrees
5. Bar push-ups (10-15x)
6. Hollow hold (can use a stick to help the gymnast understand the position)
7. Cast back hip circle (spotted if needed)



Parallel Bars (PB)

Months 1-2

Intermediate

1. Push ups (chest to the bar)
2. Elevated front support
3. L or straddle hold
4. Assisted dips
5. Support walks down low bars
6. Support swings



Floor (FX)

Months 1-2

Intermediate

1. Handstand hold on wall or spot block
2. Handstand forward roll
3. Straight arm backward roll
4. Cartwheel over baby cheese mat on good and bad foot (Can use mailbox as well)
5. Cartwheel through mats
6. Arch Ups with 2 panel mats
7. Scale (T hold)
8. Kick to handstand hold (on panel mat)

These pictures show
the set up from
different angles



Review Week Months 1-2

Review Week

- 10 minutes- Warm up
- 7.5 minutes- Rings
- 7.5 minutes- H. Bars
- 7.5 minutes- P. Bars
- 7.5 minutes- Floor X.
- 7.5 minutes- Strength Training
- 7.5 minutes- Trampoline

SR

- Pull-up
- L-hold
- Swings
- Inverted sequence
- Skin the cat

HB

- Glide Swings
- Chin Holds
- Leg Lifts or “L” Hold
- Hollow Holds

PB

- Straddle travel
- Straddle hold
- Support hold
- Support Swings

FX

- Forward Roll
- Backward Roll
- Scale (T-hold)
- Donkey Kick or Handstand
- Cartwheel

ST

- Push ups
- Squat Jumps
- Handstand against the wall
- Pull-up
- Rope climb

TP/VT

- Call out Jumps from Trampoline List, testing memory of skill.
- Straight jump (Vault)

Go To The Coaches Corner to
Find The Evaluations

www.pridegymnasticsacademy.com

Theme Week

Months 1-2

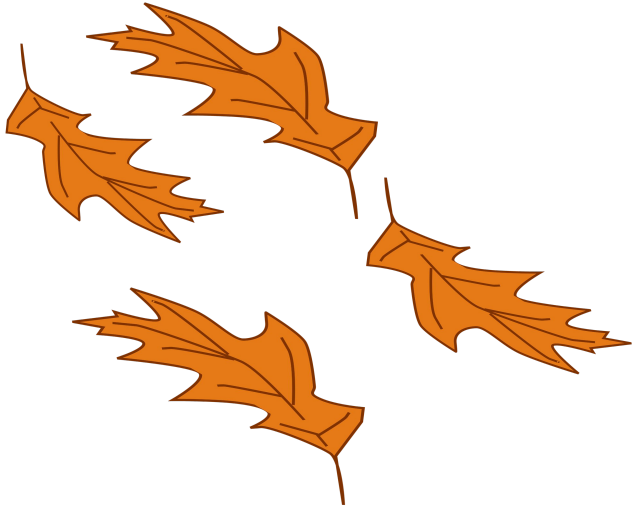
Theme Week

10 minutes- Warm up

15 minutes- #1 Strength Training

25 minutes- #2 Theme Games

5 minutes- #3 Trampoline



Fall Themed Gym Games

- Beam Toss
 - Each gymnast stands on a beam or multiple beams, tossing an object to each other, if you drop the object or FALL off the beam then they're out. Last one standing is Winner!
- Last Leaf
 - Each gymnast hangs on the beam and/or bar, each hanging on for as long as they can. Last one hanging is Winner!
- Hibernation Collection
 - Two Teams; one at a time each team has to pick up as many Fall themed objects without using their hands.
 - Two Hula Hoops will have Fall themed objects and a Bucket.
 - The gymnasts will Crab Walk To the Hula Hoop, picking up as much as they can in 15 seconds (time starts at Hoop area) placing objects into bucket without using hands. Running back to let the next teammate go.
 - Using hands will get you automatically out!
 - After each gymnast takes a turn, the team with the most collected in the bucket WINS!

Months 3-4

Months 1-2 will be October & November 2024

1. Week #1- Odd Week (9/30- 10/5)
2. Week #2- Even Week (10/ 7- 10/12)
3. Week #3- Odd Week (10/14- 10/19)
4. Week #4- Even week (10/21- 10/26)
5. Week #5- odd week (10/28- 11/2)
6. Week # 6- even week (11/4- 11/9)
7. Week #7- Review Week (11/11- 11/16)
8. Week #8- Theme Week (11/18- 11/23)
9. Week #9- Evaluation Week (11/25- 11/30)

STRENGTH TRAINING

15 Minute Rotation Months 3-4

Intermediate

Pull-ups and leg lifts (2 times)

- For assisted pull-ups (on P-bars). 15x pull-ups with the chin touching the bar hold for 15 seconds on the last one
- For no assisted pull-ups. 5 pull-ups with a 10 sec hold
- Leg lifts 10x to L position or 5 to toes to the bar
- At the end of 2 laps finish with a rope climb

Handstand conditioning

1. 15-20 kick handstand (depending on the ability of the group)
2. 15 handstand walks up and down the wall
3. 30 second handstand hold at the end (if there is time left)



TRAMPOLINE

15 MINUTE

MONTHS 3-4

ROTATION

INTERMEDIATE-

- Straddle jump
- Pike jump
- Seat drop ½ turn
- Doggy Drop
- Back drop
- Jump full twist
(twist in the direction of their favorite foot)
- Front flip

Trampoline Tricks for Beginners



For Beginner and Intermediate

If there is time after going through the trampoline skills. Work straight jumps on the vault

FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

Rings (SR)

Month 3-4

Intermediate

1. Swing to inverted hang
2. Skin the cat pull through
3. Assisted dips
4. Arch rocks
5. Candlestick lifts
6. Push-ups
7. Pull-ups
8. Heal drives



This picture is an alternate way to set up if the strap bars are being used by another group

High Bar (HB) Months 3&4

Intermediate

1. Pull up hold holds
2. Push up jumping jacks
3. 3x casts 45 degrees
4. Spotted pullovers
5. Pullovers walking up cheese mat
6. Glide swing (unspotted)
7. Candlestick on the bar, knees to bar pushing hips to bar
8. Candlestick on the floor holding post



Parallel Bars (PB)

Months 3-4

Intermediate:

1. Pike handstand
2. Straddle or L-hold
3. In and outs
4. Front support slides
5. Bent leg support walks
6. Support swings & dismounts to the side



Floor (FX)

Months 3-4

Intermediate

1. Handstand tick tock drill against spotting block
2. Handstand to lunge
 - a. Draw 2 circles, Handstands onto panel mat landing feet in circles
3. Lunge to lever drill
4. Cartwheel to step in (to "7")
 - a. Draw box, cartwheel into box, feet coming together, holding hands straight in front of chest
5. Handstand Forward Roll
 - a. Kick to handstand with hands on the floor, roll down the small read cheese mat
6. Run to hurdle position over cartwheel mat
7. Headstand
 - a. Press handstand (if able to do headstand perfectly)
8. Straight arm backward roll down cheese



Review Week Months 3-4

Review Week

- 10 minutes- Warm up
- 7.5 minutes- Rings
- 7.5 minutes- H. Bars
- 7.5 minutes- P. Bars
- 7.5 minutes- Floor X.
- 7.5 minutes- Strength Training
- 7.5 minutes- Trampoline

SR

- Pull-up
- Candlestick hold
- Swing to inverted sequence
- Support hold in tuck position

HB

- Casts
- Glider Swing
- Chin Holds
- Leg Lifts
- Candlesticks
- pullovers

PB

- Straddle hold
- Front support drill
- Swing to dismount
- Straddle-V
- Handstand flat back
- Tick tocks

FX

- Lunge
- Head stand
- Handstand to lunge
- Cartwheel step in
- Handstand forward roll
- Press headstand or handstand

ST

- Hollow hold
- Arch hold
- Handstand hold 20 sec
- Tuck ups
- Rope climb

TP/VT

- Call out Jumps from Trampoline List, testing memory of skill.
- Straight jump (vault)

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Find The Evaluations

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Theme Week Months 3-4

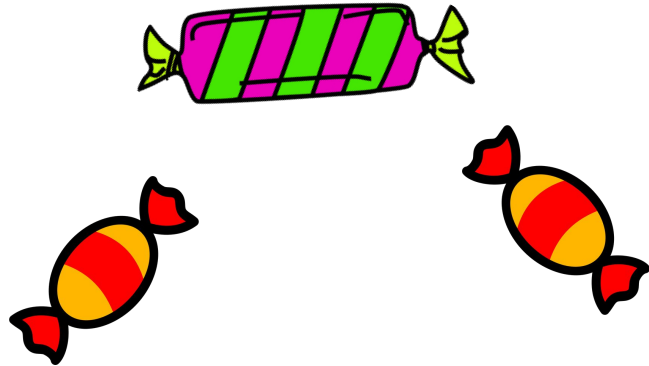
Theme Week

10 minutes- Warm up

15 minutes- #1 Strength Training

25 minutes- #2 Theme Games

5 minutes- #3 Trampoline



Candy Themed Gym Games

- **Race to Candy Mountain**
 - On two strips of the floor you will have, two large piles of foam stacked. Start with four blocks on bottom, then stack up a row of three blocks, two and then one for the top of the mountain.
 - Creating two teams to race down the strips, collecting a block. Running back to the beginning where the start to form the beginning of a new “mountain”.
 - Continue the race until the team with the new “mountain” is complete. WINNERS!
- **Front Support Cone Stack**
 - Race in partners to see which team can stack cones fattest.
 - Push up position
 - Partners face each others, first partners stacks cones then walks in push up position back as the second partner re-stacks cones.
- **Pass the “Gum Ball”**
 - Sitting in a circle using feet only to pass the “gum” ball to the next person.
 - Each round add a gum ball.
 - If the ball is dropped that person is out.

Months 5-6

Months 5-6 will be December 2024 - January 2025

1. Week #1- Odd Week (12/2- 12/7)
2. Week #2- Even Week (12/9- 12/14)
3. Week #3- Odd Week (12/16- 12/21)
4. Week #4- Even week (12/23- 12/28)
5. Week #5- odd week (12/30- 1/4)
6. Week # 6- even week (1/6- 1/11)
7. Week #7- First $\frac{1}{2}$ Evaluation Week (1/13- 1/18)
8. Week #8- Second $\frac{1}{2}$ Evaluation week (1/20- 1/25)
9. Week #9- Theme Week (1/27- 2/1)

STRENGTH TRAINING

15 Minute Rotation Months 5-6

Intermediate

Core Conditioning 2x (do each exercise for 30 second no rests in between the exercises)

- Hollow hold
- Hollow rocks
- V-ups
- Flip over to arch position
- Arch hold (superman)
- Arch rocks

P-bar conditioning (2x if there is time)

- Push ups to hollow back 10x
- Support hold tuck ups 5x
- Support leg lifts 5x
- Support walks down the bar
- Dips in p-bars 5x

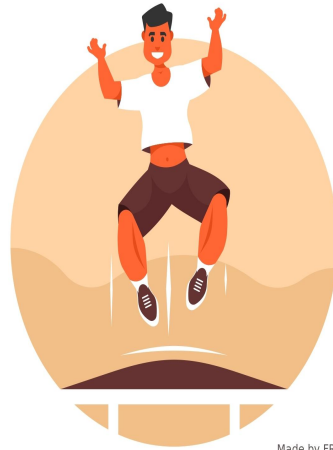


TRAMPOLINE

15 MINUTE ROTATION MONTHS 5-6

INTERMEDIATE-

- Straddle jump
- Pike jump
- Seat drop ½ turn, seat drop
- Doggy Drop
- Back drop
- Hallow to stomach drop, stand
- Front flip into pit
- Jump full twist



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For Beginner and Intermediate

If there is time after going through the trampoline skills. Work straight jumps on the vault

FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

Rings (SR)

Month 5-6

Intermediate

1. Swing to inverted sequence
2. Skin the cat pull through
3. Pull-ups
4. Shoulder flexibility drill
5. Candlestick position
6. Candlestick rolls
7. Hanging L hold



Second picture is an alternate way to set up if the strap bar is in use

Parallel Bars (PB)

Months 5-6

Intermediate

1. Pike handstand one foot on block the other in the air (tick tocks)
2. Push-up position tuck through to front support tuck back (in and outs)
3. Moving the bean bags from one side of the bar to the other in a L position
4. Spotted chicken dips
5. swing/ swing to dismount
6. chicken hold
7. Straddle or L hold



Bars (HB)

Months 5-6

INTERMEDIATE

1. Glide swing (3x)
2. Sole hang
 - a. Hang in pike position 10 seconds
 - b. Hang in straddle position 10 seconds
3. Candlestick hold
4. Hanging candlestick hold using spotting block to keep body in the position
5. Hollow hold rocks- floor station
6. Pullover
 - a. Connect 3, 45 degree casts
7. Back hip circle (spot)
8. Leg lifts



Floor (FX) Months 5-6

Intermediate(FX)

1. Handstand front limber
 - a. Off panel mat
2. Press Headstand
3. Backward roll
 - a. With straight arms, down in
4. Cartwheel series
 - a. Cartwheel to star position
cartwheel step-in
5. Roundoff
6. Back bend
 - a. Reaching hands to 8" mat
7. Jump $\frac{1}{2}$ turn (work towards full turn)
8. Jump hurdle round off rebound



Review Sheet Months 5-6



SR

- Swings
- Superman hold
- Candlestick lifts
- 3x swing to inverted hang
- Back lever to block
- Hanging L-hold

HB

- Sole Hang
- Cast away
- Candlesticks
- Glide swings
- Pullovers
- Back hip circle

PB

- Pike Handstand w/ block
- Support hold
- Swing to dismount
- Chicken hold

FX

- Round off
- Handstand fall to bridge
- Press Headstand
- Cartwheel star to cartwheel step in
- Back bend
- Jump ½ turn

ST

- Hollow hold
- Arch hold
- Tuck ups
- Dips 3-5
- V-ups
- Support walks

VT/Tramp

- Call out Jumps from Trampoline List, testing memory of skill.
- Straight jump (vault)

Evaluation Weeks

First ½ Evaluation Week (1/13- 1/18)

- Warm ups- 10 minutes
- Rotation #1- 15 minutes
- Rotation #2- 15 minutes
- Rotation #3- 15 minutes

Beginner-

- P. Bars
- Rings
- Trampoline

Intermediate-

- High Bar
- Floor
- Strength Training

Second ½ Evaluation Week (1/20- 1/25)

- Warm ups- 10 minutes
- Rotation #1- 15 minutes
- Rotation #2- 15 minutes
- Rotation #3- 15 minutes

Beginner-

- High Bar
- Floor
- Strength Training

Traingth training

- Please review strength training sheet

Intermediate-

- P. Bars
- Rings
- Trampoline

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Find The Evaluations

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Theme Week Months 5-6

Theme Week

- 10 minutes- Warm up
- 15 minutes- #1 Strength Training
- 25 minutes- #2 Theme Games
- 5 minutes- #3 Trampoline



Winter Themed Gym Games

Penguin Bowling

- Kids are Penguins, lined up like Bowling Pins.
- First Kid rolls 3 times, to try to “knock” over as many penguins as possible.
- Make sure the kids are rolling yoga ball and not throwing it like a dodgeball.

Bridge Tunnel

- Start side by side, all pushing into a bridge together.
- First kid crawls through, once making it through the tunnel trying to bridge up as fast as they can before the next person goes through.
- If cannot bridge, hold pike position.

Iceberg Game

- Set up mats spread apart far enough for kids to jump to. You will set 15 seconds on a timer and when it goes off each kid has to be on a mat. Each round gets shorter time limit to get to another mat.
- Fall to the floor = OUT
- Not on a mat when time is up= OUT

Months 7-8

Months 7-8 will be February- March 2025

1. Week #1- Odd Week (2/3- 2/8)
2. Week #2- Even Week (2/10- 2/15)
3. Week #3- Odd Week (2/17- 2/22)
4. Week #4- Even week (2/24- 3/1)
5. Week #5- odd week (3/3- 3/8)
6. Week #6- Review Week (3/10- 3/ 15)
7. Week #7- Evaluation Week (3/17- 3/22)
8. Week #8- Theme Week (3/24- 3/29)

STRENGTH TRAINING

15 Minute Rotation Months 7-8

Intermediate

Pull-ups and abs (2-3 laps)

1. Partner sit ups 25x
2. Pull-ups
 - a. Assisted 15x +10 second hold on the last one
 - b. Unassisted 5x + 10 sec hold on the last one
3. Partner arch ups 20x + 15 sec hold (can be done on the floor on off of a mat)
4. Tuck ups 10x + 10 second hold on the last one
5. Push-ups to hollow

Exercises to do if there is extra time

- 15- 20 kick handstand against the wall
- Rope climb
- Hanging competition or p-bar support hold competition



VAULT (VT) Months 7-8

INTERMEDIATE

1. Handstand block ups to panel mat
2. Dive roll roll down cheese mat
3. Push up position, shoulder shrugs
4. Run hurdle straight, tuck, or straddle jump. (coaches determine what skill they do based on ability)
5. Plyo jumps over 3 or more panel mats
6. Run, hurdle over panel mat, land on 8 incher in a pike position



TRAMPOLINE MONTHS 7-8

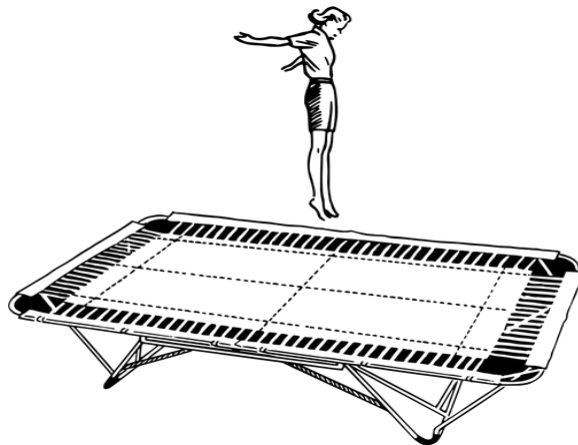
15 MINUTE ROTATION

INTERMEDIATE-

Spend 7-10 minutes working skills and connections

- Seat drop
- Straddle jump
- Full twist
- Stomach or doggy drop
- Back drop
- Seat drop half turn

Spend the last 5-7 minutes working on front flips and/or back flips



For months 7-12 tramp will be done during the theme week or after vault if there is time. Primary focus for the next 6 months need to be on the vault to prepare for the showcase.

FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

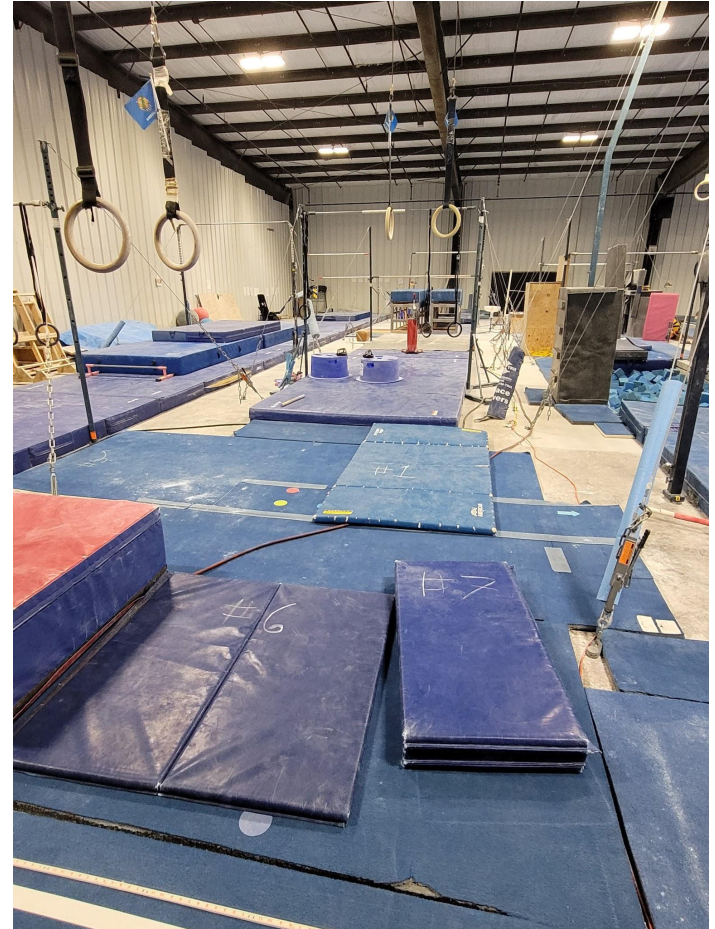
Rings (SR)

Month 7-8

15 minutes

Intermediate

1. Swings/swing to inverted sequence (unspotted)
2. Assisted muscle ups on low rings (spotted)
3. Shoulder flexibility drill with stick
4. Hanging L-hold
5. Arch rocks
6. Candlestick lifts
7. Assisted dips with the perfect push-up device



High Bar (HB)

Months 7-8

INTERMEDIATE (HB)

1. Back hip circle
2. 3x glide swings connected
3. Glide swing to pike- hold toes at bar
4. Pullovers - from hang
5. 3x casts connected above 45 degree angle
6. Hollow hold rocks- floor station with 5lb weight bar



Parallel bars (PB)

Months 7-8

Intermediate

1. Pushups
2. Pike to straddle lifts
3. L-hold
4. Pike handstand slides
5. Front support
6. Dips on p-bars
7. Swings to dismount



Floor (FX) Months 7-8

15 minutes

Intermediate (FX)

1. Press headstand- no mat
2. Bwd roll with straight arms
3. Handstand forward roll
4. Power hurdle, round off rebound
5. Back bend, kick over
6. Handstand fall to bridge
7. Jump full turn



Review Sheet Months 7-8

SR

- Pull-up
- Shoulder flexibility drill with stick
- Arch rocks
- Support hold with rings turned out
- Assisted dips with the perfect push-up device
- L-hold
- Swings/swing to inverted sequence

HB

- Back hip circle
- 3x glide swings connected
- Glide swing to pike- hold toes at bar
- pullovers - from hang
- 3x casts connected above 45 degree angle
- Hollow hold rocks- floor station with 5lb weight bar
- Glide swing, to pullover connected
- 3x Casts connected above 90 degree angle

PB-

- Swing dismont
- 10-15x Push ups on block
- Pike handstand one foot on block the other in the air (tick tocks)
- L-hold

PB-

- Swing dismont
- 10-15x Push ups on block
- Pike handstand one foot on block the other in the air (tick tocks)
- L-hold

FX

- Press headstand- no mat
- Bwd roll with straight arms
- Handstand forward roll
- Power hurdle, round off rebound
- Back bend, kick over
- Handstand fall to bridge- no mat
- Jump full turn
- 3 step hurdle, round off rebound

ST

- Please review strength training sheet

VT-TP

- Straight jumps (vault)
- Tuck jump (vault)
- Front flip[(vault)

Review tramp skill. See trampoline lesson plan for skill list

Go To The Coaches Corner to
Find The Evaluations

www.pridegymnasticsacademy.com

Theme Week Months 7-8



Theme Week

- 10 minutes- Warm up
- 15 minutes- #1 Strength Training
- 25 minutes- #2 Theme Games
- 5 minutes- #3 Trampoline



St. Patty's Day Themed Gym Games

Obstacle Course

- On two strips will set up an obstacle course to get through to win the pot of gold.
- Athlete will be timed, fastest times will be a piece of gold (candy).
- Challenge intermediate and advanced groups with balancing an object on a spoon while going through the obstacle course.

Over and Under the Rainbow

- Split into two groups.
- Stand in a line on the beams.
- The athlete in the front holds onto the object and passes it over their head to the next athlete in line. The next athlete passes the object under their legs to the following athlete.
- The game continues until the teams reach the end of the beams. (if there are not enough athletes to fill the beam, have the athlete in front go to the end of the line until they finish the length of the beam)

Jumping through Hoops

- Two groups
- Hula hoops spread out along two strips on the floor.
- The first athlete of each group will have a jump rope and they will have to jump rope while moving down the strip to each hula hoop and back to the beginning.
- All the athletes in each group will go through, the first group to finish, WINS.

Months 9-10

Months 9-10 will be April- May

1. Week #1- Odd Week (3/31- 4/5)
2. Week #2- Even Week (4/7- 4/12)
3. Week #3- Odd Week (4/14- 4/19)
4. Week #4- Even week (4/21- 4/26)
5. Week #5- odd week (4/28- 5/3)
6. Week # 6- even week (5/ 5- 5/10)
7. Week #7- Review Week (5/12- 5/17)
8. Week #8- Evaluation Week (5/19- 5/31)
9. Week #9- CLOSED MEMORIAL WEEK (5/26- 5/31)

STRENGTH TRAINING

15 Minute Rotation Months 9-10

Intermediate

Handstand conditioning

1. 15-20 kick handstand (depending on the ability of the group)
2. 15 handstand walks up and down the wall
3. 30 second handstand hold at the end

Abs 2 laps

1. Hollow hold 30 sec
2. Hollow rocks 30 sec
3. Tuck ups 15x
4. V-ups 15x
5. Russian get ups 15x

Basic strength (if there is time)

- Rope climb (or 20 push ups if unable to do the rope climb)
- 20 kick handstand against the wall
- Hanging competition or p-bar support hold competition



VAULT (VT) Months 9-10 15 minutes • 4-6 Stations

INTERMEDIATE

1. "C" position
2. HS FB- Standing
3. Jump Hurdle rebound, stick
4. Jump rope
5. Front Limbers
6. Long Jumps
7. HS FB- Whale
8. Vault station (can be done up to whale mat if needed)
 - a. Straight Jump to stick
 - b. Dive Rolls

STATIONS FOR INTERMEDIATE
ARE THE SAME, ADD WHALE OR
STACKED 8 INCHERS FOR #7



TRAMPOLINE

MONTHS 9-10

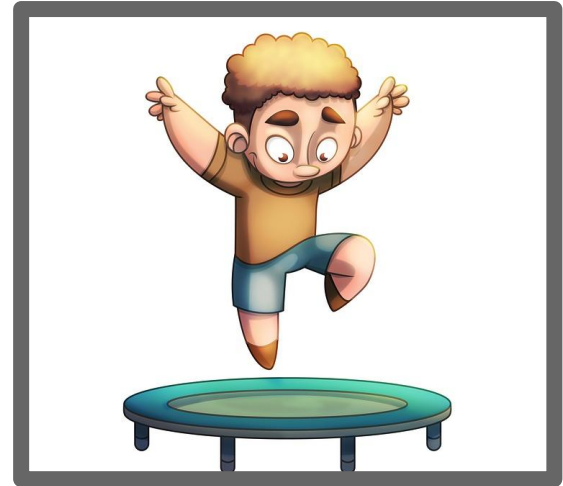
INTERMEDIATE-

Spend 7-10 minutes working skills and connections

- Seat drop
- Straddle jump
- Full twist
- Stomach or doggy drop
- Back drop
- Seat drop half turn

Spend the last 5-7 minutes working on front flips and/or back flips

For months 7-12 tramp will be done during the theme week or after vault if there is time. Primary focus for the next 6 months need to be on the vault to prepare for the showcase.



FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

Rings (SR)

Month 9-10

Intermediate

1. Swing to inverted pike. If gymnast can already do it work back tuck.
2. Support hold on rings in tuck position. If the gymnasts are able to do #2 have them do tuck or L hold, roll back to inverted pike
3. Assisted muscle ups
4. Candlestick lifts
5. Candlestick roll ups with hand turn out
6. Shoulder flexibility drill with stick
7. L-hold



High Bar (HB) Months 9-10

INTERMEDIATE

1. Glide swing pull to pike
2. 3x casts 45 degrees
3. Cast back hip circle
4. Push-up jumping jacks
5. Hanging candle stick (Legs to the bar)
6. Pullovers (spotted if needed)
7. Pullovers. Walking up cheese mat, kick over the bar
8. Monkey walks



Parallel bars (PB)

Months 9-10

Intermediate

1. Elevated jumping jacks in push-up position
10x
2. Cone stack in a straight arm plank
3. Front support, single leg lifts 5x each leg
4. L/straddle hold 5 sec
5. Tuck hold 10 sec
6. Support rocks
7. 3-5x upper arm straddle to 3 support
swings dismount to the side



Floor (FX) Months 9-10

Intermediate (FX)

1. Jump backward up to panel mat.
2. Back handspring over octogone
3. Bwd roll with straight arms
4. Handstand fwd roll
5. Cartwheel step in (to 7)
6. Power hurdle, round off rebound
7. Back bend, (try to kick over)
8. Jump full turn



Theme Week Months 9-10



Theme Week

- 10 minutes- Warm up
- 15 minutes- #1 Strength Training
- 25 minutes- #2 Theme Games
- 5 minutes- #3 Trampoline



Flowers Theme Week

Iceberg Game

- Set up mats spread apart far enough for kids to jump to. You will set 15 seconds on a timer and when it goes off each kid has to be on a mat. Each round gets shorter time limit to get to another mat.
- Fall to the floor = OUT
- Not on a mat when time is up= OUT

Race to Candy Mountain

- On two strips of the floor you will have, two large piles of foam stacked. Start with four blocks on bottom, then stack up a row of three blocks, two and then one for the top of the mountain.
- Creating two teams to race down the strips, collecting a block. Running back to the beginning where the start to form the beginning of a new “mountain”.
- Continue the race until the team with the new “mountain” is complete. WINNERS!

Obstacle Course

- On two strips will set up an obstacle course to get through to win the pot of gold.
- Athlete will be timed, fastest times will be a piece of gold (candy).
- Challenge intermediate and advanced groups with balancing an object on a spoon while going through the obstacle course.

Review Sheet Months 9-10

INTERMEDIATE

R:

1. Swing to inverted pike. If gymnast can already do it work back tuck.
2. Support hold on rings in tuck position. If the gymnasts are able to do #2 have them do tuck or L hold, roll back to inverted pike
3. Pushups on low rings
4. Candlestick lifts
5. Candlestick roll ups with hand turn out
6. Shoulder flexibility drill with stick
7. L-hold

HB:

1. 3x casts 45 degrees
 - a. On bar
 - b. Panel mat & floor bar, push up position, feet jump on and off panel mat like "jumping jack"
2. Candlestick
 - a. Bar, knees to bar pushing hips to bar
 - b.
 - c. Floor, hold side post of bars on back, holding candlestick position
3. Chin holds
 - a. Holds on bar
4. Pullovers
 - a. Spot first station
 - b. Walking up cheese mat on second station

PB:

1. Elevated jumping jacks in push-up position 10x
2. Cone stack in a straight arm plank
3. Front support, single leg lifts 5x each leg
4. L/straddle hold 5 sec
5. Tuck hold 10 sec
6. Support rocks
7. 3-5x upper arm straddle to 3 support swings dismount to the side

FX:

Jump backward up to panel mat.

1. Back handspring over octogone
2. Bwd roll with straight arms
3. Handstand fwd roll
4. Cartwheel step in "7"
5. Power hurdle, round off rebound
6. Back limber, kick over
7. Straddle Jumps, off panel mat

VT

- Straight jump
- Tuck jump
- Front flip

Boys Intermediate Showcase Routines Competition Style

Floor:

1. Kick to lunge, handstand forward roll* 2. Cartwheel to star, cartwheel step-in (connected) 3. Backward roll to pushup** position, lower to seal stretch 3. Jump to straddle stand, press handstand forward roll 4. Jump full twist 5. Round off

Bonuses:

*Holds handstand for three seconds or more **Straight arm backward roll

Rings:

1. Pull up hold for three seconds 2. Tuck hold, hold for three seconds* 3. Kick out to three swings 4. Swing to inverted hang, lower to inverted pike 5. Lower to skin the cat** 6. Drop

Bonuses:

*Replace tuck hold with L hold **From skin the cat pull back through to inverted pike then lower down to skin the cat

Tramp:

The * symbols means that there is a skill that can be added or replaced by another skill to increase the difficulty and add points. Bonuses are listed at the bottom of each event

1. Tuck jump 2. Straddle jump 3. Pike jump 4. Seat drop half turn 5. Front flip (if able)

Boys Intermediate Showcase Routines Competition Style

P-bars:

1. Three upper arm swings to straddle up
2. Lift to straddle hold for 3 sec*
3. Bring feet together and push out to three swings
4. Dismount over the side of the bar to a stick position**

Bonuses:

*Replace straddle hold with straddle-V ** Swing to above 45 degrees in on the dismount

H-bar:

1. From hang, half turn
2. Pull-up pull-over (spotted)*
3. Three casts
4. Roll forward to hang
5. Drop stick

Bonuses:

* Pull-over unspotted ** Replace #3 with one cast to back hip circle

Boys Intermediate Routines Competition Style

Vault

Straight jump

Bonus #1 (0.5 value) Tuck jump

Bonus #2 (1.0 value) Front flip

Months 11- 12

Months 11-12 will be June- July

1. Week #1- Odd Week (6/2- 6/7)
2. Week #2- even Week (6/9- 6/14)
3. Week #3- Odd Week (6/16- 6/21)
4. Week #4- Even week (6/23- 6/28)
5. Week #5- odd week (6/30- 7/5)
6. Week # 6- Review Showcase Week #1 (7/7- 7/12)
7. Week #7- Review Showcase Week #2 (7/14- 7/19)
8. Week #8- Showcase Week (7/21- 7/26)
9. Week #9- Evaluation Week (7/28- 8/2)

**ROUTINE WEEK
FOR
SHOWCASE!**

(7/7- 7/12) (7/14- 7/19)




*Shoot for the Stars
Showcase*

July 25th & 26th


PLEASE CHECK SHOWCASE BINDER!!!



JULY 25TH & 26TH



PRIDE GYMNASTICS
ACADEMY PRESENTS...
SHOOT FOR THE STARS
SHOWCASE!



REHEARSAL STYLE (7/21- 7/24)



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STRENGTH TRAINING

15 Minute Rotation Months 11-12

Intermediate

Ring around the rosy strength circuit

Set stations up in a circle. Do each station for 30 seconds alternating between doing the station and running around the circle. Every time the gymnast switches from running they move to the next station in the circle.

- Push ups
- Hollow hold
- Arch rocks
- Handstand hold on parallel bars (spotted)
- Hollow rocks or tuck ups
- Arch hold (superman hold)

Basic strength (if there is time)

- Rope climb (or 20 push ups if unable to do the rope climb)
- 20 kick handstand against the wall
- Hanging competition



VAULT (VT) Months 11-12

INTERMEDIATE

1. Straight body holds, between two panel mats
2. 45 degree handstand holds, against sporting block
3. Panel mat jumps
4. Jump to stick hold, off block
5. 2x 8" stacks,
 - a. 3-5x times dive rolls
 - b. 3-5x times handstand flatback
 - c. 3-5x times punch fronts



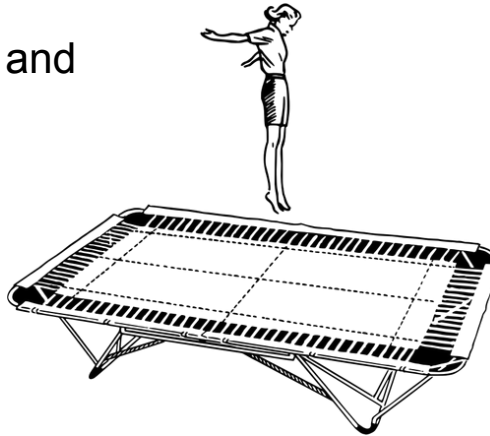
TRAMPOLINE MONTH 11-12

INTERMEDIATE-

Spend 7-10 minutes working skills and connections

- Seat drop
- Straddle jump
- Full twist
- Stomach or doggy drop
- Back drop
- Seat drop half turn

Spend the last 5-7 minutes working on front flips and/or back flips



For months 7-12 tramp will be done during the theme week or after vault if there is time. Primary focus for the next 6 months need to be on the vault to prepare for the showcase.

FOCUS

1. Proper technique
2. Arm & Leg positions
3. Pointed toes
4. Shapes of jumps

Rings (SR)

Month 11-12

15 minutes

Intermediate

1. Swing to inverted pike. If gymnast can already do it work back tuck.
2. Skin the cat pull through to pike
3. Tuck or L hold on low rings
4. Push ups on the PP device
5. Candlestick roll ups with hand turn out
6. Arch rocks
7. Heal Drives



Parallel bars (PB)

Months 11-12

Intermediate

1. Push-ups 10x
2. Straddle or V-hold
3. 3-5x upper arm straddle to 3 support swings dismount to the side
4. L-hold
5. Front support
6. Under bar swings

These pictures show the stations from different angles



High Bar (HB)

Months 11-12

15 minutes

INTERMEDIATE

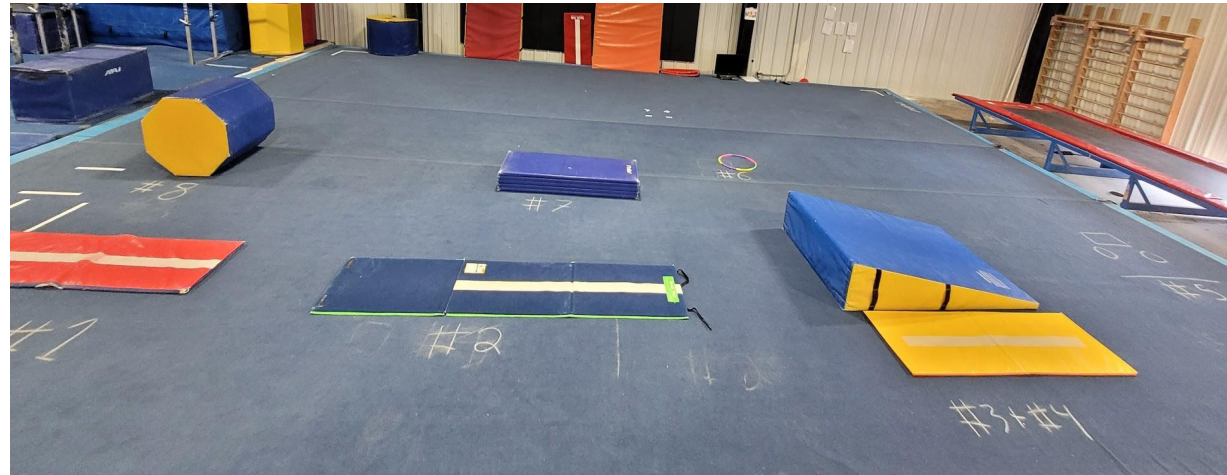
1. 3 glide swings
2. 3 Casts to forward roll
3. Push ups on the floor bar
10x
4. Hollow rocks 15-20x
5. Half turns & basic swings
on the high bar
6. Pull-overs
7. Cast back hip circle
(spotted if needed)



Floor (FX) Months 9-10 15 minutes

Intermediate (FX)

1. Handstand forward roll
2. Cartwheel star to cartwheel step in
3. Straight arm backward roll down cheese
4. Backward roll or SA backward roll on floor
5. Headstand
6. Jump full twist
7. Round off
8. Back handspring over the octagon



Evaluation Weeks

First ½ Evaluation Week

- Warm ups- 10 minutes
- Rotation #1- 15 minutes
- Rotation #2- 15 minutes
- Rotation #3- 15 minutes

Beginner-

- Vault
- Beam
- Strength Training

Intermediate-

- Floor
- Bars
- Trampoline

Second ½ Evaluation Week

- Warm ups- 10 minutes
- Rotation #1- 15 minutes
- Rotation #2- 15 minutes
- Rotation #3- 15 minutes

Beginner-

- Floor
- Bars
- Trampoline

Intermediate-

- Vault
- Beam
- Strength Training

Traingth training

- Please review strength training sheet

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