



PRIDE
GYMNASTICS ACADEMY

BOYS REC LESSON PLANS

Beginner

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.

COACHING GUIDELINES

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- 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.**
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- 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.

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

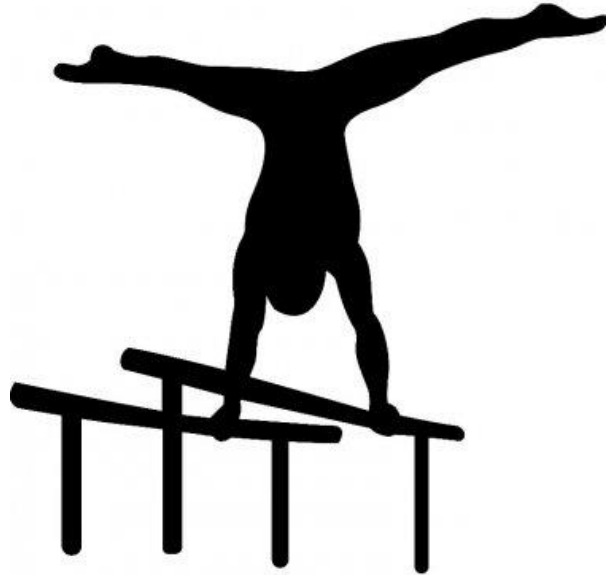
Beginners

Cardio (do each station for 20 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 they switch and the other goes back)
3. Support jumps over panel mat 10 times (take turns with partner)
4. Walk up the wall to handstand hold for 20 sec



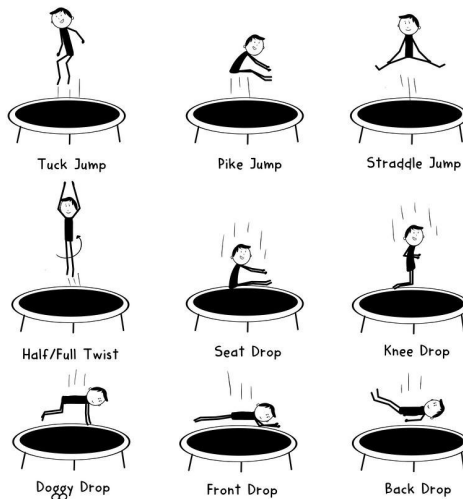
TRAMPOLINE MONTHS 1-2

15 MINUTE ROTATION

BEGINNER-

- Straight jump
 - Hands on head
 - Arms by ears
 - Arm circles
- Tuck jump
- Pike jump
- Straddle jump
- Seat drop
- Knee drop

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

Beginner

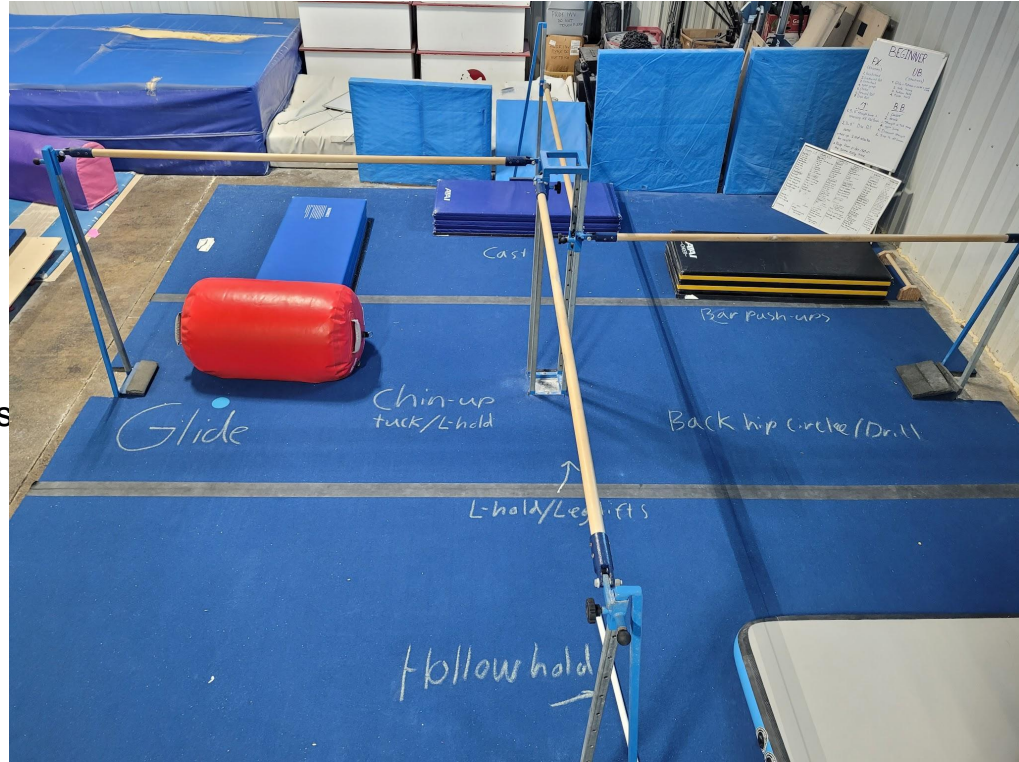
1. Swings
2. Superman hold
3. Candlestick
4. Tuck hold
5. Push-up hold (with PP devices turned out)
6. Pull-up hold
7. Heal drives
8. If the strap bar is available set up the black rings and add a support hold station



High Bar (HB) Months 1-2

Beginner

1. Glide swings with rollie
2. Chin up tuck hold
3. L-hold
4. Front support/casts
5. Bar push-ups (10x)
6. Hollow hold (can use a stick to help the gymnast understand the position)
7. Back hip circle drill



Parallel Bars (PB)

Months 1-2

Beginner

1. Push-ups (nose to the bar)
2. Elevated front support
3. Tuck or straddle hold
4. Assisted dips
5. Bear crawls/crab walks
6. Straddle travels



Floor (FX)

Months 1-2

Beginner

1. Handstand hold on wall or spot block
2. Forward roll
3. Backward roll
4. Cartwheel over baby cheese mat (Can use mailbox as well)
5. Cartwheel through mats
6. Arch Ups with 2 panel mats
7. Scale (T hold)
8. Donkey kicks

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
- Tuck/L-hold
- Swings
- Inverted pike/inv sequence
- Skin the cat

HB

- Glide Swings
- Chin Holds
- Leg Lifts or "L" Hold
- Font Support
- 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

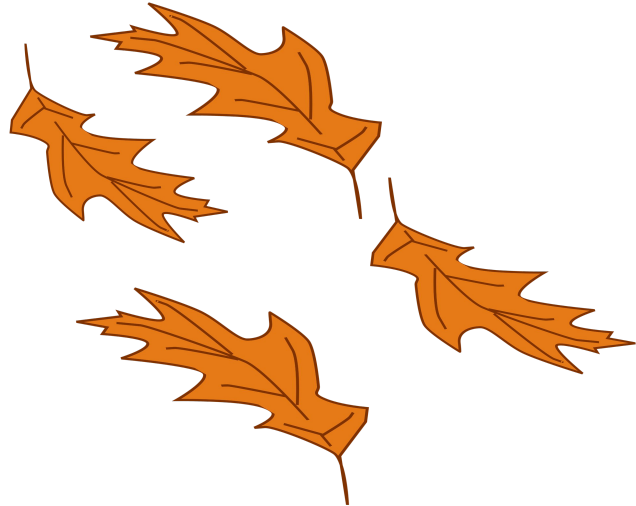
Theme Week

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

Beginners

Pull-ups and tuck ups (2 times)

- For assisted pull-ups (on P-bars). 10x pull-ups with the chin touching the bar hold for 10 seconds on the last one
- For no assisted pull-ups. 5 pull-ups with a 5 sec hold
- Tuck ups 10x
- At the end of 2 laps finish with a rope climb

Handstand conditioning

1. 10-15 kick handstand (depending on the ability of the group)
2. 10 handstand walks up and down the wall
3. 20 second handstand hold at the end (if there is time left)



TRAMPOLINE

15 MINUTE

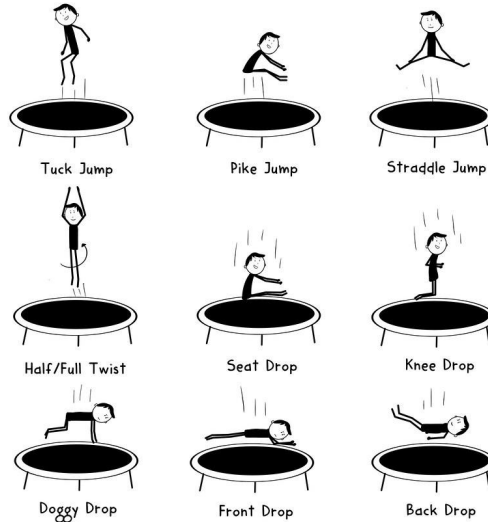
MONTHS 3-4

ROTATION

BEGINNER-

- Straight jump
 - Hands on head
 - Arms by ears
 - Arm circles
- Tuck jump
- Straddle jump
- Seat drop
- Seat drop to back drop
- Knee drop

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

Beginner

1. Rings swings
2. Inverted pike hold (low rings)
3. Assisted pull-ups
4. Superman hold
5. Candlestick position
6. Push up hold with PP devices turned out
7. Pull-up hold
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

Beginner

1. Chin up hold
2. Hollow body push up position (to practice the correct position for a cast)
3. Walking latter, in push up position, walking hands up and back on stacked parallelles
4. Floor leg lifts. Lay on back with hands on the floor bar, lift feet to the bar and back keeping legs straight
5. Leg lifts with feet holding the foam block
6. Cast to hollow body push ups position
7. Glide swing on roller



Parallel Bars (PB)

Months 3-4

Beginner:

1. Pike handstand
2. Tuck/straddle hold
3. In and outs
4. Push-up jumping jacks
5. Front support slides
6. Bear crawls & crab walks
7. Straddle travels



Floor (FX)

Months 3-4

Beginner

1. Donkey kick onto panel mat
2. 30 second handstand hold against wall
3. Cartwheel to lunge
4. Lunge holds
5. Cartwheel over panel mat
6. Skipping station
7. Headstand
8. Forward roll, Stand without using hands.
9. 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

- Swing to pike (Beg)
- Support hold on rings (Beg)
- Pull-up
- Candlestick hold

HB

- Casts
- Glider Swing
- Chin Holds
- Leg Lifts

PB

- Straddle hold
- Front support drill
- Straddle travels (Beg)

FX

- Donkey Kicks or Handstand
- Cartwheel
- Lunge
- Head stand

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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Theme Week Months 3-4

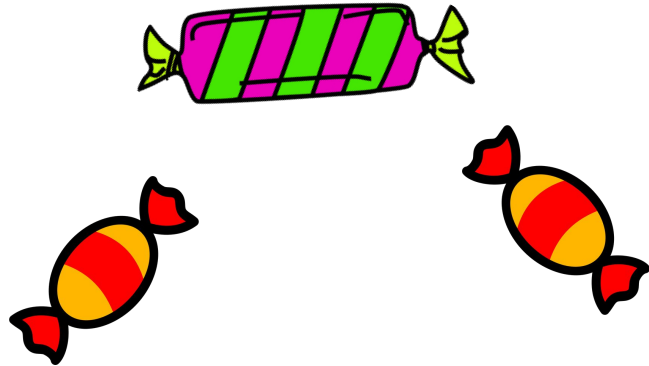
Theme Week

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

Beginners

Core Conditioning 2x (do each exercise for 20 second
no rests in between the exercises)

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

P-bar conditioning 2x

- Support hold for 10 sec
- Support hold tuck ups
- Push ups to hollow back 5x
- Dips in p-bars 5x (spotted)

P-bar support hold competition (if there is time)



TRAMPOLINE

15 MINUTE ROTATION MONTHS 5-6

BEGINNER-

- Jump half turn
- Tuck jump
- Back drop
- Seat, doggy, roll
- Straddle jump
- Seat drop to backdrop or backdrop



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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

Beginner

1. Rings swings
2. Inverted pike hold (low rings)
3. Assisted pull-ups
4. Shoulder flexibility drill
5. Candlestick lifts with foam block
6. Candlestick roll
7. Hanging tuck hold



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

Parallel Bars (PB)

Months 5-6

Beginner

1. Pike handstand feet on spotting block
2. Push-up position tuck through to front support tuck back
3. Dips
4. Moving the bean bags from one side of the bar to the other in a tuck position (can also use a foam block)
5. Tuck or straddle hold
6. Support hold
7. Spotted swings

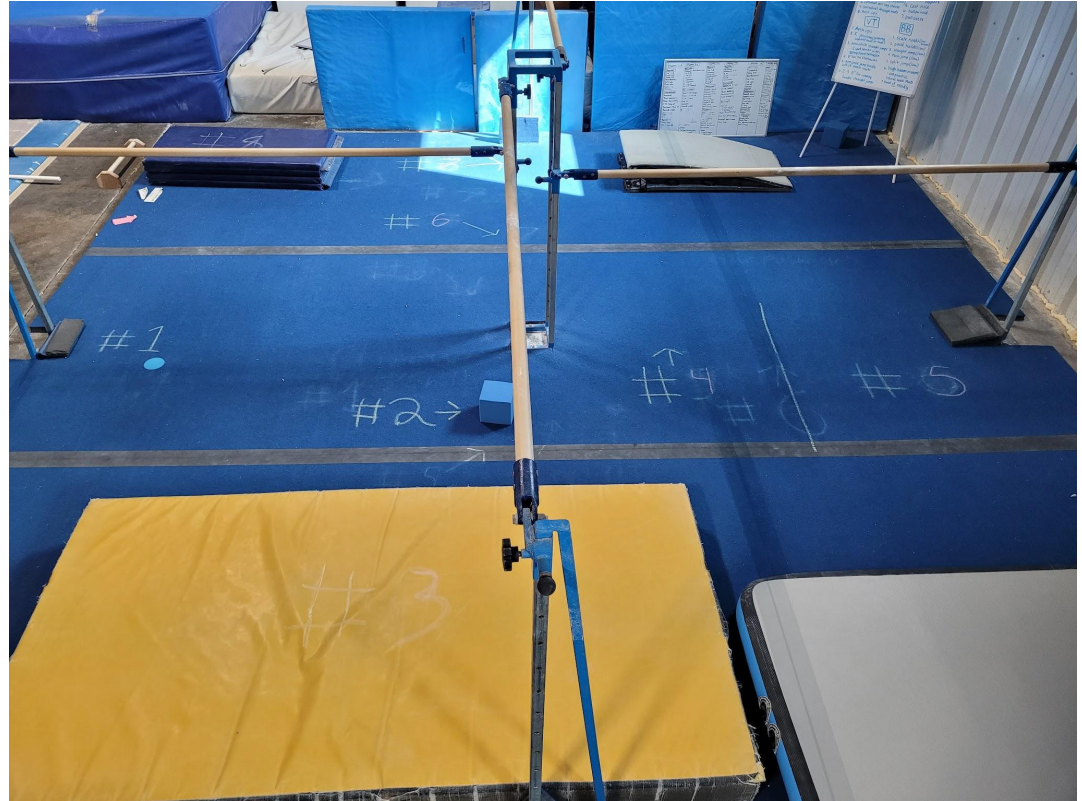


Bars (HB)

Months 5-6

BEGINNER

1. Cast away, land, stick
2. L-hold
3. Sole Hang
4. Front support roll over
5. Casts to spotted back hip circle
6. Leg Lifts
7. Glide swings
 - a. Jumping off panel mat
8. Push up position, jumping jacks



Floor (FX)

Months 5-6

15 minutes

Beginner (FX)

1. Backward roll down cheese or on the floor
2. Forward roll
 - a. Off panel mat
3. Candlestick
4. Cartwheel over cheese mat
5. Dive roll
 - a. Down incline
6. Jump to hurdle position
7. Falls
 - a. Straight body fall to back on 8" mat



These pictures show the set up from different angles

Review Sheet Months 5-6



SR

- Swings
- Inverted pike hold
- Superman hold
- Hanging tuck hold
- Candlestick lifts

HB

- Sole Hang
- Shimmy along bar
- Front support
- Cast away
- Glide swings
- Candlesticks

PB

- Pike Handstand w/ block
- Support hold
- Spotted swings

FX

- Backward roll
- Fwd rolls
- Candlestick
- Dive roll
- Falls

ST

- Hollow hold
- Arch hold
- Tuck ups
- Dips 3-5

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

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

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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

Beginners

Pull-ups and abs (2-3 laps)

1. Partner sit ups 20x
2. Pull-ups
 - a. Assisted 10x +10 second hold on the last one
 - b. Unassisted 5x
3. Partner arch ups 15x + 1- 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

- 10-15 kick handstand against the wall
- Rope climb
- Hanging competition or p-bar support hold competition



VAULT (VT) Months 7-8

BEGINNER

1. Hurdle over object, rebound off board to block.
2. Power hurdle from two feet to springboard, rebound to stick.
3. Jumping over consecutive objects (foam blocks)
4. Jump off panel mat, $\frac{1}{2}$ turn
5. Tuck jumps off different heights, stuck landings
6. Jump full turns



TRAMPOLINE MONTHS 7-8

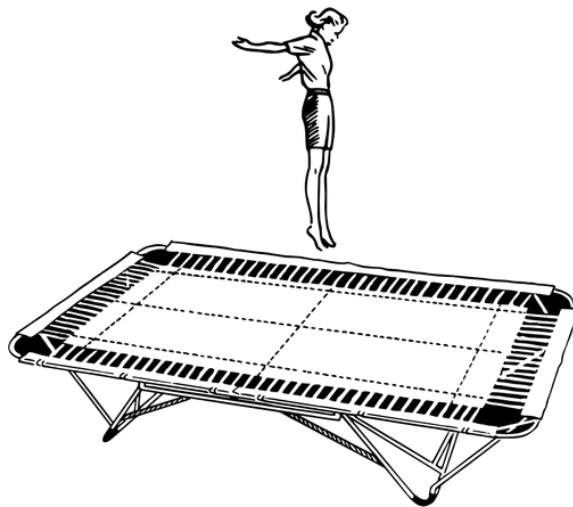
15 MINUTE ROTATION

BEGINNER-

Spend 7-10 minutes working skills

- Straight jump
- Tuck jump
- Straddle jump
- Seat drop
- half twist
- Doggy drop

Spend the last 5-7 minutes trying to connect 3 or more skill. Make it fun!



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

Beginner

1. Swings/swing to pike
2. Assisted pull-ups on low rings
3. Shoulder flexibility drill with stick
4. Hanging tuck/L-hold
5. Arch rocks
6. Candlestick hold
7. Support hold with rings turned out



High Bar (HB)

Months 7-8

BEGINNER

1. Land on back from sole hang
2. Skin the cat
3. Pullover- chest height bar (1 leg kick over)
4. 3x casts- (hips off bar)
5. Glide swing- off/on panel mat
6. Hollow hold- floor station with 5lb weight bar



Parallel bars (PB)

Months 7-8

Beginner

1. Pushups
2. Pike to straddle lifts
3. Dips
4. Pike handstand slides
5. Front support
6. Support hold
7. swings



Floor (FX) Months 7-8

Beginner (FX)

1. $\frac{1}{2}$ turn jump
2. Fwd roll to stand- NO HANDS
3. Bwd roll to stand no mat
4. Dive roll down incline
5. Cartwheel to lunge
6. Round off- off panel mat
7. Handstand onto panel mat
8. Headstand- mat optional



Review Sheet Months 7-8

SR

- Swings/swing to pike
- Assisted pull-ups on low rings
- Shoulder flexibility drill with stick
- Hanging tuck
- Arch rocks
- Support hold with rings turned out

HB

- Hang and side shimmy across bar
- Land on back from sole hang
- Skin the cat
- Pullover- chest height bar (1 leg kick over)
- 3x casts- (hips off bar)
- Glide swing- off/on panel mat
- Hollow hold- floor station with 5lb weight bar

PB-

- 5-10x Push ups on block.
- Front support with feet on mats
- Pike handstand feet on spotting block
 - Int- Pike handstand one foot on block the other in the air (tick tocks)
- Tuck hold
- Dips on low bar
- Support hold on the end of the bar, straddle travel to the other end, lower down to upper-arm hold

FX

- ½ turn jump
- Fwd roll to stand- NO HANDS
- Bwd roll to stand
- Dive roll down incline
- Cartwheel to lunge
- Round off- off panel mat
- Handstand onto panel mat
- Headstand- mat optional

ST

- Please review strength training sheet

VT-TP

- Straight jumps (vault)
- Tuck jump (vault)
- Straddle jump (vault)

Review tramp skill. See trampoline lesson plan for skill list

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Find The Evaluations

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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

Beginners

Handstand conditioning

1. 10-15 kick handstand (depending on the ability of the group)
2. 10 handstand walks up and down the wall
3. 20 second handstand hold at the end

Abs 2 laps

1. Hollow hold 20 sec
2. Hollow rocks 20 sec
3. Tuck ups 10x
4. V-ups 10x
5. Russian get ups 15x

Basic strength (if there is time)

- Rope climb (or 15 push ups if unable to do the rope climb)
- 10 kick handstand against the wall
- Hanging competition or p-bar support hold competition



VAULT (VT) Months 9-10

BEGINNER

1. "C" position
2. Handstand flatback
3. Jump hurdle rebound, stick
4. Straight jump to stick
5. Jump rope
6. Box jumps up and down block
7. Long Jumps
8. Handstand flat back



TRAMPOLINE

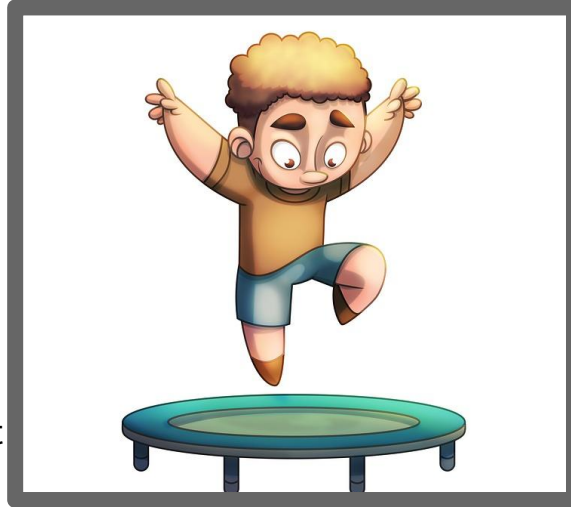
MONTHS 9-10

BEGINNER-

Spend 7-10 minutes working skills

- Straight jump
- Tuck jump
- Straddle jump
- Seat drop
- half twist
- Doggy drop

Spend the last 5-7 minutes trying to connect 3 or more skill. Make it fun!



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

Beginner

1. Swings/swing to pike
2. Jump to chin hold on rings
3. Assisted support hold (low ring)
4. Tuck hold
5. Candlestick hold
6. Candlestick roll ups (on panel mat)
7. Shoulder flexibility drill with stick



High Bar (HB)

Months 9-10

BEGINNER

1. Glide Swings with Rollie
2. Chin up Tuck Hold
3. Leg Lifts
4. Front Support/ Casts
5. Pullovers (spot if needed)
6. Cast Drill on ground
7. Hollow Hold on ground



Parallel bars (PB)

Months 9-10

Beginner

1. Elevated jumping jacks in push-up position
5x
2. Cone stack in a straight arm plank
3. Front support, single leg lifts 3x each leg
4. Straddle hold 5 sec
5. L-hold 10 sec
6. Support rocks
7. Half swing drill



Floor (FX) Months 9-10

Beginner (FX)

1. Handstand onto panel mat
2. Cartwheel hands on panel mat legs go over baby cheese
3. Cartwheel to lunge
4. Bwd roll to stand
5. Dive roll down incline
6. Jump to stick, jump half turn, jump full turn
7. Headstand- mat optional



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

BEGINNER

SR:

1. Swings/swing to pike
2. Jump to chin hold on rings
3. Assisted support hold (low ring)
4. Tuck hold
5. Candlestick hold
6. Candlestick roll ups (on panel mat)
7. Shoulder flexibility drill with stick

HB:

1. Glide Swings with Rollie
2. Chin up Tuck Hold
3. Leg Lifts
4. Front Support/ Casts
5. Open bar for Pullovers without spot
6. Cast Drill on ground
7. Hollow Hold on ground

PB:

- Elevated jumping jacks in push-up position 5x
- Cone stack in a straight arm plank
- Front support, single leg lifts 3x each leg
- Straddle hold 5 sec
- L-hold 10 sec
- Support rocks
- Half swing drill

FX:

1. Handstand onto panel mat
2. Cartwheel hands on panel mat legs go over baby cheese
3. Cartwheel to lunge
4. Bwd roll to stand
5. Dive roll down incline
6. Jump to stick, jump half turn, jump full turn

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

Months 11-12

Beginners

Ring around the rosy strength circuit

Set stations up in a circle. Do each station for 20 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
- Arch hold (superman hold)

Basic strength (if there is time)

- Rope climb (or 15 push ups if unable to do the rope climb)
- 10 kick handstand against the wall
- Hanging competition



VAULT (VT) Months 11-12

BEGINNER

1. Arch ups with 2 Panel mats
2. "C" Position against wall or Tall spot block
3. Arm circle jumps, 2x spot blocks with spring board in between
4. 8" for Handstand flatbacks
5. Jump hurdles off panel mats
6. 2x 8" Straight jump, tuck, jump, straddle, jump or dive roll



TRAMPOLINE

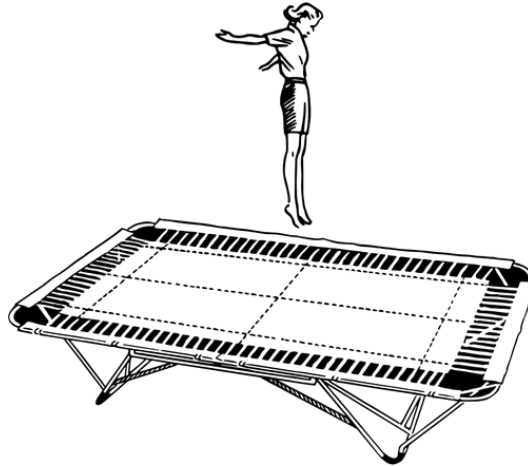
MONTH 11-12

BEGINNER-

Spend 7-10 minutes working skills

- Straight jump
- Tuck jump
- Straddle jump
- Seat drop
- half twist
- Doggy drop

Spend the last 5-7 minutes trying to connect 3 or more skill. Make it fun!



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

Beginner

1. Swings/swing to pike
2. Assisted pull ups on rings
3. Support hold (low ring)
4. Pushup hold on PP device
5. Arch holds
6. Candlestick roll ups
7. Heal Drives



Parallel bars (PB)

Months 11-12

Beginner

1. Push ups 5-10x
2. Straddle hold 10 sec
3. Straddle travels & basic swings
4. Tuck hold 10 sec
5. Front support
6. Monkey walks

These pictures show the stations from different angles



High Bar (HB)

Months 11-12

15 minutes

BEGINNER

1. Glide swing
2. Three casts to forward roll of the bar
3. Push-ups on the floor bar
5-10x
4. Hollow hold for 15-30 sec
5. Half turns & monkey walks on the high bar
6. Chin up- tuck or L hold
7. Pull-over to 3 cast push away to stick (spot the pullover if needed)



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

Training training

- Please review strength training sheet

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