

Jan/Feb Beg 1 Floor- Beam Week



Warm Up: Handstands



Have gymnasts spread out and stand on their own dot. Next follow the below steps:

1. Have gymnasts get in a right leg mountain climber pose
2. Practice handstands starting and ending in mountain climber pose.
 - a. Make sure you walk around, give corrections, and help anyone who needs it
3. After some time practicing right leg handstands, have them show you a left leg mountain climber pose
4. Practice handstands starting and landing in a left leg mountain climber pose.

After practicing handstands on both legs, have the group sit down while you demonstrate the following stations.

Stations

Have the gymnasts stay at their station until you instruct them to switch.



Station 1: 10 Second Bridge

Have the gymnasts get ready for a bridge by laying on the wedge with their feet on the taller end and hands on the lower end. Next, have them push into a tall bridge and hold for 10 seconds. Using the cheese will put them at an incline and add some extra stretch.

Station 2: Kick to Handstand

Have gymnasts start in a mountain climber pose with one foot on the flat blue panel and the other foot on the carpet. Then, have them kick into handstand with their hands on the same blue that the cheese is on. Their goal is to do a full handstand with the wall's assistance. Encourage them to land back in their mountain climber pose.



Station 3: Half Handstand Hold

Have gymnasts start by putting their hands on the floor and **toes** on the box. Next, they will move their hands and feet to get their shoulders over their hands, and hips over their shoulders. They can see if they are doing each step correctly by checking in the mirror!





Station 4: Kick to Handstand

Similar to station 2, just without the wall!
Have the gymnast start in a mountain climber pose with one foot on the flat blue panel and the other foot on the carpet. Then, have them kick into a handstand with their hands on the taller blue section.

Encourage gymnasts to kick as high as they can control and land in a mountain climber pose.

Station 5: Foamy Friend Handstands

At this station, have gymnasts practice some handstands on the floor while holding foamy friends between their ears and arms. Encourage gymnasts to only kick as high as they feel comfortable. Show them how they can still see their hands while hiding their ears.



Jan/Feb-Beg 1 Bars- Beam Week



Warm Up: Glide Shapes



Starting shape:

- Round back
- Ears hidden
- Looking at hands/bar



C-Shape:

- Round back
- Ears hidden
- Looking at feet in front



Extension:

- Straight body
- Ears hidden
- Feet far in front

Have the group make 2 lines at the bar and have them take turns holding the above shapes for 10 seconds. After each gymnast gets a turn, explain and demonstrate the following stations.

Stations

Have the gymnasts stay at their station until you instruct them to switch



Station 1: Leg Lifts

Have gymnasts lay on their backs on the ramps, grab one of the bars and try 5 straight leg leg lifts. You can even put one of the ramps higher for gymnasts to choose to challenge themselves.

Leg lifts are great for strengthening the lower abdominal muscles used to hold their feet off of the ground during glides!

Station 2: Bar Blocks

Have the gymnast start in the starting position with their backs round, arms straight, and ears hidden. When in the correct shape, they can jump and bounce their hands off of the bar. **Gymnasts do not grab the bar when doing bar blocks.** This teaches gymnasts to have straight arms when they catch the bar for a glide swing.

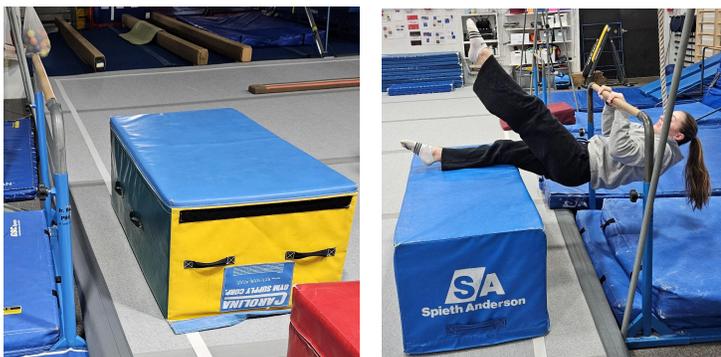
If a gymnast is doing this well, allow them to try the glide!



Station 3: Cat in the Hat

Have the gymnast grab on to the bar and hang underneath. They will then put their feet on the bar in between their hands. The goal is to have the gymnast go upside down, touch the mat with their feet and then pull themselves back through their arms. If a gymnast is nervous, encourage them to start by trying to put their feet on the bar and go a little more upside down each try.





Station 4: Chin Ups/ Pull Overs

With hands on the bar and legs on the box, have gymnasts do 5 chin ups.

They can either keep both legs on the box, or challenge themselves to lift one leg in the air while they do their chin ups.

Gymnasts should try to pull over at the end of their last chin up!

Station 5: Ropes

CLIMB! Encourage gymnasts to always climb as high as they are able to. Any amount will work their muscles and make them stronger!



Jan/Feb- Beg 1 Beam



Warm Up: Balance Discs



Have students take turns trying the following list on the balance discs:

1. Right leg passe hold
2. Left leg passe hold
3. 10 calf raises

Remind gymnasts to look at something that is not moving and to keep their hands on their hips.

Stations



Station 1: Panel Mat Leap

Have gymnasts leap from one panel mat to the other with their favorite foot in front. Encourage gymnasts to land in an arabesque hold. (favorite leg supporting them, other leg straight behind them).

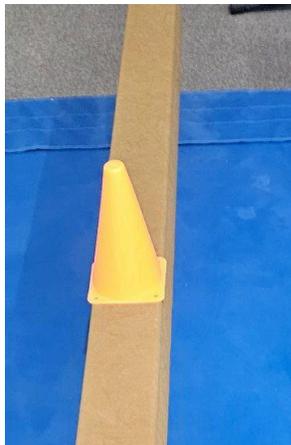


Station 2: Straight Jumps

Have gymnasts practice their jumps by holding one end of the band in each hand and jumping as big as they feel comfortable on the beam. **The goal is to jump so high that they can point their toes in the air.**



The purpose of the band is to add resistance and make their jumping muscles stronger.



Station 3: Pivot Turns

Have gymnasts try 3 pivot turns in a row without their heels touching the beam! **Watch to make sure they are turning the correct way.**

Station 4: Bear Crawl

Have gymnasts bear crawl across the beam. The goal is to go across the beam with butterfly hands and straight legs.



This station helps gymnasts get comfortable putting weight on their hands while on the beam.

Make sure there are two 8 inch mats under the beam

Station 4 : Straight Jump Dismount

Have gymnasts stand at the end of the medium beam and do a straight jump to the landing mat. Make sure gymnasts bend their legs when they land. Their goal is to do a beautiful straight jump with a stuck landing.

