# July/August-Beg 1 Floor- Vault Week

## Warm Up: Cartwheel Shaping

**Mountain Climber Pose: Do on BOTH Legs**

-Round back

-Ears hidden

-Both legs bent

**Cartwheel Shape on Belly:**

-Round back

-Ears hidden

-legs in straddle

**it is important to practice both legs because when they land their cartwheel, the opposite leg will be in front**

Have the group sit on the line and take turns in small groups doing the different shapes.

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: ½ *Straddle* Handstand Hold

Have the students practice a ½ handstand hold with their legs in a straddle. Have them look under their armpit at the orange cone. This will help them to learn to look where they land without sticking their head out!

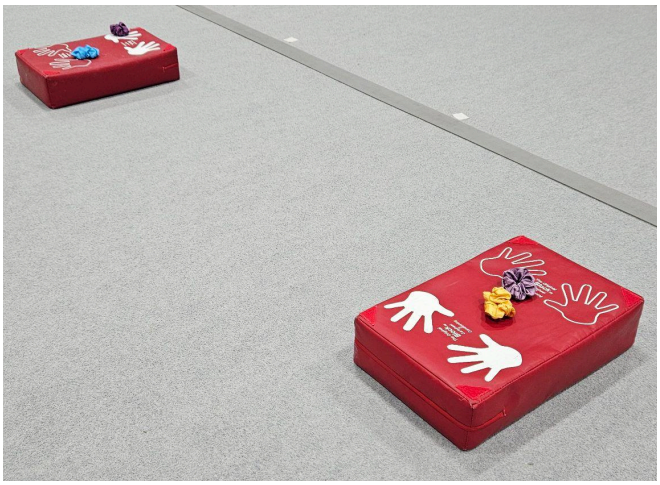
## Station 2: Belly on the Floor Cartwheel Shape

Have the gymnast practice the belly to the floor shaping that they did during warm up.

If they are showing good form AND can do a full handstand with their belly to the wall, have them hold a straddle handstand.

## Station 3: Bridge

Have the gymnast get ready for a bridge with their feet on the panel mat and their hands on the floor. Then, have them push up into a bridge and get their legs together and hands in a triangle.
They can also try bridges with their hands on the panel mat and feet on the floor instead.



## Station 4: Cartwheels

On this station, have the gymnast put a scrunchie on their favorite ankle and practice cartwheels over the box. Their goal is to start and land in a mountain climber pose with the appropriate foot work.

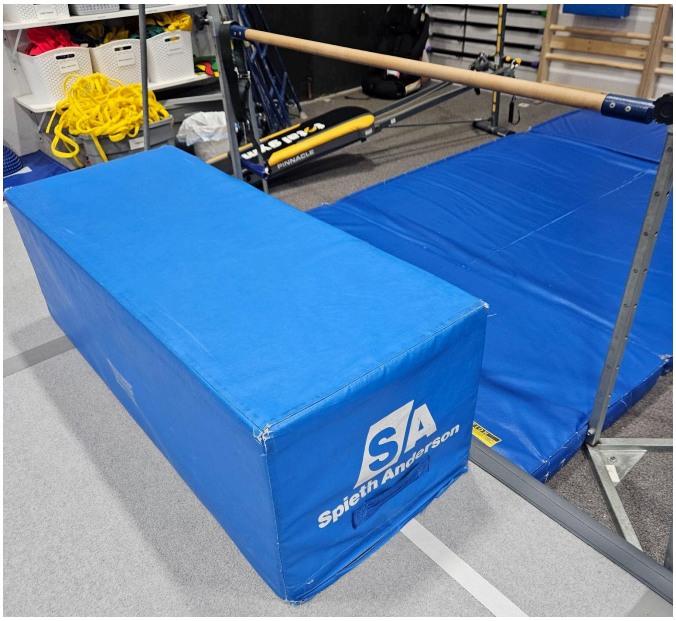
Make sure to have them practice cartwheels on both legs!

## Station 5: Bridge Walk

Have the gymnast push up into a bridge and challenge them to walk from one End of the line to the other while staying in their bridge.

# July/August-Beg 1 Bars- Vault Week

## Warm Up: Chin Ups



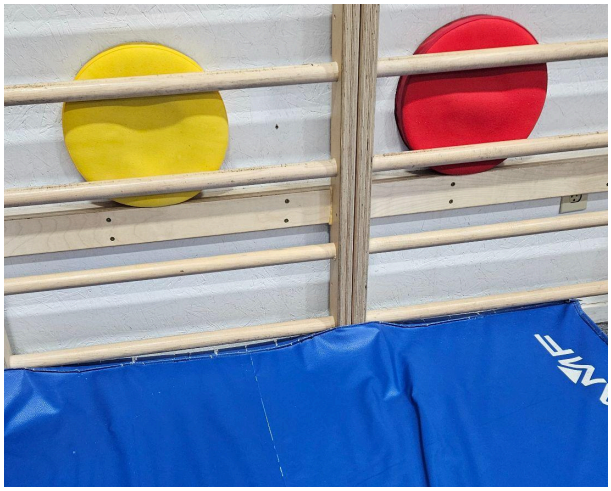

Have the group sit in a line and take turns 2 at a time doing the following:

- 5 chin ups
- 10 second chin up hold

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: Sit Ups

Have the gymnast sit facing the stahl bars and tuck their toes under the bottom wrung. Then have them do 5 sit ups where they squeak a dot each time.

## Station 2: Forward Rolls

Have the gymnast jump to front support on the bar and then forward roll down. Challenge them to keep their feet off of the ground.

If a gymnast is nervous to roll, lower the bar so that their feet are still on the ground when they are in their front support. This will give them more control of the roll

## Station 3: Leg Lift, Pull Over

Have the gymnast lay on the box under the bar with their shoulders under the bar. Then, have them lift both legs up and over the bar. If able, they can pull completely over. If they are taller, they will not be able to go completely over. That is normal. The primary point of this station is to work the lower abdominal muscles and mimic the motion of a pull over.

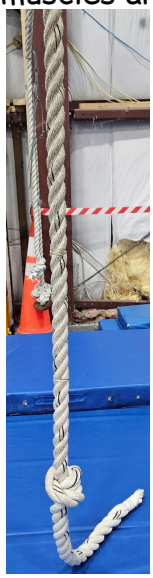
## Station 4: Chin Up Hold With One Leg Up

Have the gymnast start with their hands on the bar and legs on the box. Then have them pull their chin to the bar, lift one leg up to their face, and hold for 5 seconds.

If they can hold their chin up to the bar for that long, they will have better success with Their pull overs!

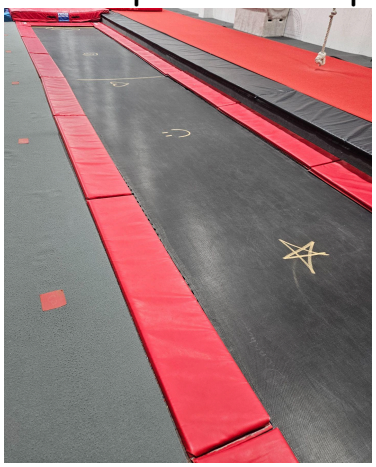
## Station 5: Ropes

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



# July/August- Beg 1 Vault


## Warm Up: Basic Jumps



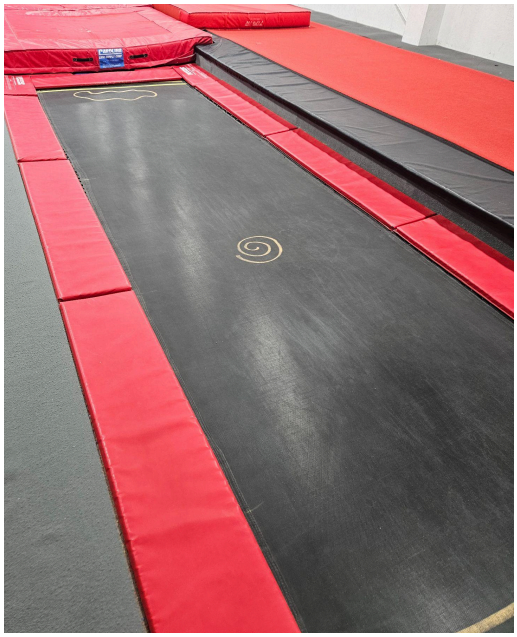
Use the chalk to mark spots where gymnasts should jump. If needed, partner gymnasts up and have them take turns working on the following jumps for 10 seconds at a time, followed by a freeze on their mark:

- straight jumps with arms by ears
- tuck jumps with hands on hips (knees to belly!)
- straddle jumps
- seat drops (make sure to remind them that hands should be next to their legs!)

Once each gymnast has  warmed up all the basic jumps, have them sit on a dot so you can explain the following stations.

# Stations

Have everyone take a turn at their station and move directly to the next station.



## Station 1: Run Punch to Resi

Have the gymnast do their favorite jump from the warm up all the way to the chalk line. Then, they can run, jump in the chalk "puddle" and land on the red resi. Running down only half of the TT will help the gymnast have more control in their run, punch.

## Station 2: Kick to Handstand

Have the gymnast start in a mountain climber pose facing the cheese. Then, have them kick as fast as they can to a handstand with their back against the cheese.

## Station 3: panel mat punches

Have the gymnast jump up and down the mini panel mats. Encourage them to squeeze their muscles and get from the ground to the mat as quickly as they can.

## Station 5: donkey kicks

Have the gymnast start by standing on the mini trampoline with their hands on the carpet box. They will then jump their feet as high as they can while keeping their hands on the box.

## Station 4: seated run:

Have the gymnast sit on the ground and practice their running arms in a seated pike. Their goal is to swing their arms as fast as possible while keeping them bent!