

# APRIL DAY CAMP

## Gymnastics Plans & Gym Games

### THURSDAY MORNING

#### STRUCTURED GYMNASTICS: FLOOR, TUMBLE TRACK, TRAMP

- Floor - 15mins
  - Handstand Stations
- Tumble Track - 15mins
  - Play “reverse limbo” using pool noodle into pit.
  - Kids line up and have to run punch over the noodle
  - Each round, coach lifts noodle taller
  - If kid doesn’t make it over, they’re out
  - Last kiddo standing wins
- Tramps - 15mins
  - Play add on

### THURSDAY AFTERNOON

#### GYM GAMES: PARACHUTE GAMES

- Supplies
  - Large Parachute
- How to:
  - **Shark Attack:** One camper goes under the parachute as the shark and pulls campers under
  - **Go for a Spin:** One camper sits in the middle of the parachute. Campers hold handles and walk in circles around camper. On the count of 3, campers all pull their handles backwards to “unwind” camper and send them for a spin.
  - **Popcorn:** Pop “ball pit balls” on parachute.
  - **POP:** Place “ball pit balls” in the middle of the parachute. Synchronize group to SLOWLY raise the parachute, and at the same time all campers SNAP the parachute DOWN FAST. How high can the group pop the balls??
- Open Gym
  - Read Rules
  - Open Gym rest of time

# APRIL DAY CAMP

Gymnastics Plans & Gym Games

## FRIDAY MORNING

### STRUCTURED GYMNASTICS: VAULT, TUMBLE TRACK, TRAMP

- Vault - 15mins
  - Running
  - Punching
  - Races
- Tumble Track - 15mins
  - Play stick it
- Tramp - 15mins
  - Jumps
  - Seat drops
  - Knee drops

## FRIDAY AFTERNOON

Movie/Open Gym

- Open Gym - may want to split group in half in each gym
  - Read Rules
  - Open Gym rest of time

# APRIL DAY CAMP

## Gymnastics Plans & Gym Games

### MONDAY MORNING

#### STRUCTURED GYMNASTICS: BEAM, TUMBLE TRACK, TRAMPOLINE

- Beam (low beams) - 15mins
  - Beam Games: Switching sides with partner without falling off
  - Sloth Contest (hang under beam - last one hanging wins)
  - Over-Under Races
  - Ball Toss
- Tumble Track - 15mins
  - Go over TT rules and safety
  - Basic jumps
- Trampolines - 15mins
  - Go over trampoline rules and safety
  - Basic jumps
  - Safety fall onto 8 inch mat
  - \*\*\* youngest group only use the white tramp in corner 😊\*\*\*

### MONDAY AFTERNOON

#### Gym Game: Relay Races

##### Supplies

- Torch Relay
  - Sticks
  - Scarves
  - 4 cones
- Slip n' Slide
  - Same 4 cones
  - 2 Large Sliders
  - 2 Large Bungees
- Wheelbarrow
  - Partner holds feet - push up walk
  - Cones
- Car Races
  - Small Barrels (push barrel across floor and back to next teammate)
- Open Gym
  - Read Rules
  - Open Gym rest of time

# APRIL DAY CAMP

## Gymnastics Plans & Gym Games

### TUESDAY MORNING

#### STRUCTURED T&T GYM: TT, TRAMP, VT

- Tumble Track - 15mins
  - Review basic jumps
  - Run punch to resi mat
- Tramp - 15mins
  - Review safety and basic jumps
  - Play add on
- Vault - 15mins
  - Run Punch to Resi Mat on TT
  - Walk feet up wall to  $\frac{3}{4}$  HS
  - Donkey Punches on Bouncer, Hands on Box
  - Springboard Punch - Panel, Spring Board, Mini 8" Mat

### TUESDAY AFTERNOON

#### OPEN GYM GAME: JAIL DODGEBALL

- Supplies
  - Velcro Lines
  - Dodgeballs
  - 2 Mats
- How to:
  - Dive group into two teams
  - Each team has a "jail" mat
  - If you get hit with a ball, you go to the other teams jail. If you catch a ball from your team while in jail, you get released.
- Open Gym
  - Read Rules
  - Open Gym rest of time

# APRIL DAY CAMP

## Gymnastics Plans & Gym Games

### WEDNESDAY MORNING

#### STRUCTURED T&T GYM: VAULT, TUMBLE TRACK, TRAMP

- Vault - 15mins
  - Running and punching stations
- Tumble Track (Yellow TT, end with Red TT) - 15mins
  - Basic jumps
  - Play stick it to Red Resi Mat
- Tramps - 15mins
  - Basic jumps
  - Seat drops
  - Knee drops

### WEDNESDAY AFTERNOON

#### GYM GAME: TT HIGH JUMP

- Supplies
  - Noodle
  - Foam Cubes or assistant helps coach hold other end
  - TT
- How to
  - Start with the noodle low, each camper gets a turn to jump over the noodle for a point
  - Raise the noodle slightly each round
  - Camper with most points at end wins!

#### GYM GAME #2: STICKING CONTEST

- How to
  - Pick a Jump for each round on Red TT - each camper gets a point for a stick
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