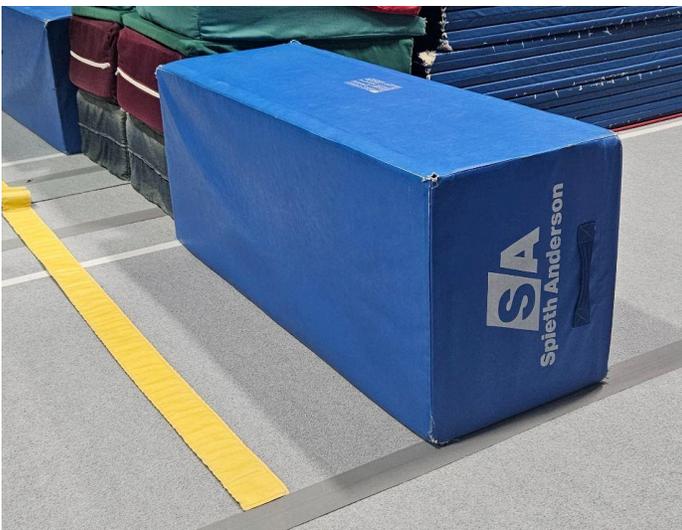


## April/May-Beg 1 Floor- Beam Week



Warm Up:  $\frac{1}{2}$  Handstand Holds



Have the group sit on the line and explain the  $\frac{1}{2}$  handstand. Two at a time, have the gymnasts take a turn holding a 10 second half handstand. **The goal is to have their hands on the line, shoulders over their hands, and hips over their shoulders. They can see if they are doing each step correctly by checking in the mirror!**

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: $\frac{1}{2}$ Handstand Hold

Have the students practice what they learned during warm up as one of their stations. Hold the  $\frac{1}{2}$  handstand for 10 seconds and then rest and try again.

### Station 2: Kick to Handstand

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 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: Kick to Handstand

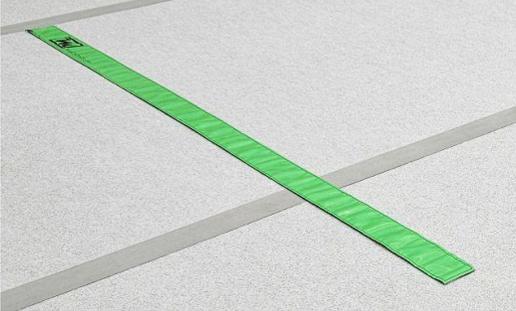
Similar to station 2, just without the wall! Have the gymnast start in a mountain climber pose with one foot on the flat blue panel and the other foot on the carpet. Then, have them kick into a handstand with their hands on the taller blue section. Encourage gymnasts to kick as high as they can control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



\*You can add an 8 inch mat to the other side if gymnasts are falling over.\*

#### Station 4: Bridge With Hands on the Line

Have gymnasts push up into a bridge with their hands on the line.



If the gymnast has a beautiful bridge with strong arms, triangle hands, and legs together, challenge them to try some bridge rocks.

Make sure when they try a bridge rock, their hands stay on the line while they push their shoulders over the line.

## April/May-Beg 1 Bars- Beam Week



### Warm Up: L-Hold on Ramp and C-Shape on Stahl Bar



#### **C-Shape:**

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



#### **L-Hold:**

- Straight Arms
- Straight Legs
- Body in Pike position

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: 10 Second L-Hold

Have gymnasts lay on their backs on the ramps, grab one of the bars and hold and L-Hold for 10 seconds.



### Station 2: 10 Second C-Shape Hold

Have gymnasts stand in a c-shape with their hands on the bar and feet in front of them. Make sure their arms are hiding their ears, backs are round, and legs are straight.



### Station 3: Bar Blocks

Have the gymnast start in the glide 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 really well, allow them to try the glide.

### Station 4: 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 5: Mini Bar Pull Over

Have gymnasts grab the bar and hold their chin close to the bar. While keeping their chin at the bar, have them walk their feet up the wall and pull over the bar to a front support.

If a gymnast is unable to pull themselves over, encourage them to build strength by holding their chin to the bar and walking their feet as high as they can!

## April/May- Beg 1 Beam



## Warm Up: Balance Discs



Spread gymnasts out on the balance discs and have them hold the following positions for 10 seconds at a time:

- Both feet on disc
  - Passe hold
  - Opposite leg passe hold
- 10 calf raises (toes on disc, heels off of disc)

## Stations



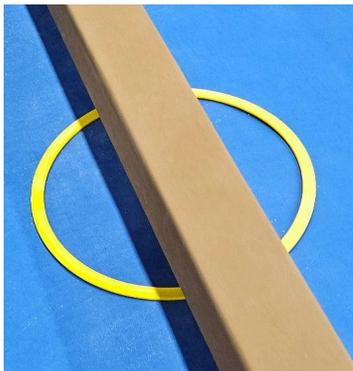
### Station 1: $\frac{1}{2}$ Handstand Hold

Have gymnasts get into a Half Handstand hold with feet on the beam box and hands on the maroon beam. The goal of this station is for gymnasts to get their shoulders over their hands and hips over their shoulders.

This station helps gymnasts work on their side handstand dismount shape, as well as helping them get comfortable putting their weight on their hands while on a beam.

### Station 2: Passe, Up, Down

Have gymnasts stand on their favorite leg in a passe. Next, have them lift to releve, then return to a flat foot. Encourage gymnasts to keep the leg they are standing on STRAIGHT!



### Station 3: Kick Forward, Kick Backward

Have gymnasts stand on the beam inside of the mini hoop. With arms to the side, have them kick a straight leg forward, bring feet back together, and then kick a straight leg backward, and bring both feet together. Encourage gymnasts to have straight legs while kicking and too keep their body

up tall.

#### Station 4: Bear Crawl Hold

Have the gymnast hold a bear crawl position on the beam. Encourage them to hide their ears and have straight arms and legs.

If this station is easy, challenge gymnasts to do a bear hold and then kick their feet up like a super mini handstand.



#### Station 5 : Bunny Hops

Have gymnasts bunny hop across the medium beam with their hands on their hips and feet side by side.



