

L.11 | Week 11 Lesson Plan

This lesson is based on a one hour class. Please add or take Skill Modules away to increase or decrease the class time as needed.



Modules Needed for this class:

MOTIONS: **Module M.12**- Dance Choreography

JUMPS: **Module J.12** - Jump Choreography

BUILDING: **Module B.5** - Mastering the Show and Go with the Traditional Prep
Module B.8 - Mastering Tic Toc - Single Leg Knee Stand
Module B.11 - Prep Level Liberty with Floor Bracer to Quarter Up to Single Leg Waist
Module B.12 - Pyramid Choreography

TUMBLING: **Module T.14** - Tumbling Choreography

TRANSITIONS: None used this week

CONDITIONING: None used this week

FUN ACTIVITY: Select an age appropriate game from **8 MINUTE ACTIVITIES**

Let's Get Started!

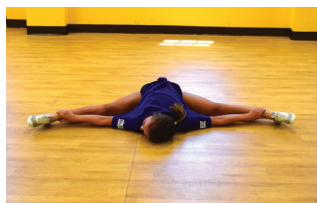
Have the athletes circle up. If you have small carpet squares or circles, they can each sit on their own colored mark.

Attendance - 2 min

Stretching - 6 min

Straddle Stretch

Sit in a straddle and have athletes "roll out pizza dough." Ask them to "roll" the dough to both feet and as far out in the middle as they can. Have them choose toppings to put on their pizzas and make sure the toppings reach both feet. See if they can touch their nose to each knee as they place toppings on their feet. Put the pizza in the oven by having the athletes slide their hands away from them and lay their stomach on the ground when they reach out to the center.



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Stretching Continued

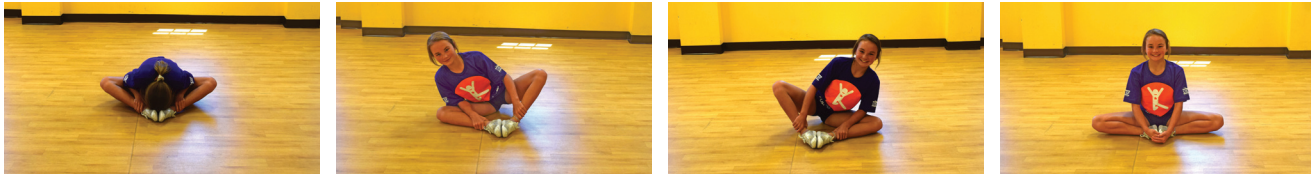
Pike Stretch

Have athletes sit in a pike with pointed feet. Have them pretend their fingers are “spiders” and then walk the spiders down their legs to tickle their toes. Then have the athletes flex their feet. Now their “spiders” need to walk down their legs and try pull their toes back towards them to lift their heels off the ground.



Butterfly Stretch

Sit with the balls of your feet together, knees laid open. Have your hands grab your ankles. Go around the circle and have each athlete take turns deciding where their butterflies are going to fly. Have them lean to the right and left, have them put their brakes on by using their elbows to push their knees down farther. Then have them “smell a flower” by bending over and putting their nose on their toes.



Hip Flexor Stretches Right and Left

1. Kneel on one knee. Hands on hips. Push the hips down and forward. Hold for a few seconds.
2. Push hips back and straighten the front leg / point the front toe. Bend forward laying the chest on the leg. Reach your hands forward past the front foot. Hold.
3. Switch Sides.



Split Stretches, Right, Left and Center

Right and Left Splits: Have the athletes kneel on one leg with the hips straight over the supporting knee. The leg in front needs to straighten and “slide” forward. Keep the chest tall. As the front foot slides the hands will reach for the floor on either side of the hips. Keep the back knee on the floor and hip turned under. Do not “roll” the hips out and open.

Center Splits: Have the athletes start standing in a Straddle. They need to slide their feet out and away from each other while keeping the legs straight. The hands will reach in front of the hips for the floor. Once an athlete has the flexibility to get their hips close to the floor have them rest on their forearms / elbows. Once they are flexible enough to be all the way on the floor have them lay on their stomachs with their arms folded under them or reaching out to the sides in T arms.

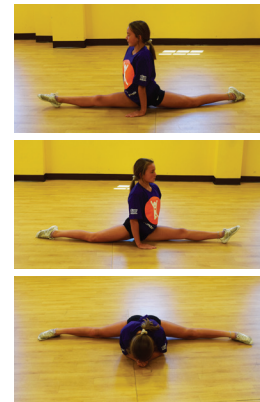
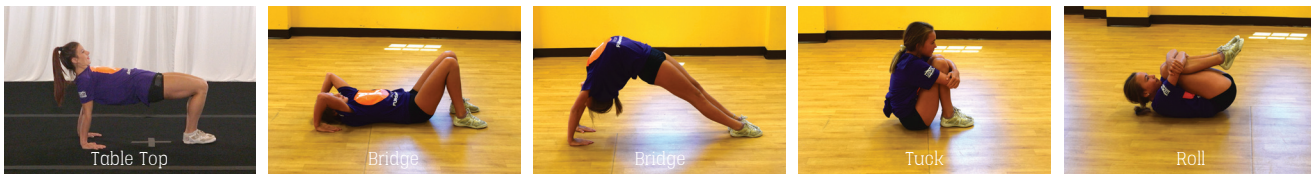


Table Top or Bridge / Tuck and Rolls

Have the athletes push up into a Table Top (TUMBLING Module T.9) OR Bridge Up - Start laying on your back. Make “mountains” out of their knees and elbows. Push stomach up to the ceiling and push shoulders and head off the ground. THEN Have them come out of the table top / bridge and hug their knees into their chest. They need to roll back from the sitting hug to their upper back and then back to a sitting hug. Repeat 2-3 times.



Lunge to Lever (Modules T.2, T.3)

Stand in a front lunge and lever forwards until your hands touch the ground. Then come back up to the lunge. Repeat 2-3 times.



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This lesson focuses putting everything learned over the past 11 weeks together into a routine that the group will perform for the gyms showcase.

Explain that you are working the routine backwards this practice. So by the time they finish they will have performed the sections of their routine multiple times!

Motion Drills - 5 min

Module M.12 - Dance Choreography

Review the dance with counts 2 times. The third time add music.

Building / Pyramid - 10 min

Module B.12 - Pyramid Choreography

- Review the Pyramid Section that you have your group using with counts 2 times.
- On the third time add music and have them perform the pyramid into the transition and then complete the dance.

Tumbling - 5 min

Module T.14 - Tumbling Choreography

Review the Tumbling section that you have your group using with counts 2 times. On the third time add music and have them perform the tumbling section then continue into the transition, pyramid, transition and finish through the dance.

Jumps - 5 min

Module J.12 - Jump Choreography

Review the Jump section with counts 2 times. On the third time add music and do the entire routine starting with the Jump section moving into the transition to tumbling, tumbling section, transition to pyramid, pyramid, transition to dance and dance.

Building / Stunt - 10 min

Module B.5 - Mastering the Show and Go with the Traditional Prep

Module B.8 - Mastering Tic Toc - Single Leg Knee Stand

Module B.11 - Prep Level Liberty with Floor Bracer to Quarter Up to Single Leg Waist

Select one of the three Stunts for this section. Review the Stunt Section with music counts 2 times. On the third time add music and have them perform the Stunt Section all the way to the end of the dance.

Building / Stunt / Intro - 10 min

Module B.5 - Mastering the Show and Go with the Traditional Prep

Module B.8 - Mastering Tic Toc - Single Leg Knee Stand

Module B.11 - Prep Level Liberty with Floor Bracer to Quarter Up to Single Leg Waist

Select one of the three stunts for this section. Do not repeat the same stunt sequence that you are using for the Building Section in the routine. If you have a mixture of skills you can add the other two stunts here for the Intro. Review the Intro section you set in week 9 and 10 to counts 2 times. On the third time add music and have the group do the entire routine from start to finish

Fun Activity - 5 min

Select an age appropriate game from **8 MINUTE ACTIVITIES**

Have athletes place a sticker on their Skills Chart.

