

# L.4 | Week 4 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.5** - Sumo Squat  
**Module M.6** - Full Nelson
- JUMPS:**        **Module J.5** - Straight Jump with Strong T  
**Modules J.6**- Tuck Jump with Strong T
- BUILDING:**    **Module B.1** - Body Positions on Performance Floor  
**Module B.5** - Mastering the Show and Go with the Traditional Prep  
**Module B.6** - Single Leg Knee Stand - Opposite Leg
- TUMBLING:**    **Module T.1** - Near and Far Arm Cartwheel  
**Module T.2** - Blocking  
**Module T.3** - Front Walkover  
**Module T.4** - Back Walkover  
**Module T.6** - Hurdle  
**Module T.7** - Roundoff  
**Module T.9** - Rebound Up to Mats  
**Module T.10** - Backward Roll to Extension  
**Module T.13** - Forward Roll
- TRANSITIONS:** **Module TR.1** - Clean Walk Transition  
**Module TR.2** - Crouch Walk Transition  
**Module TR.4** - Seat Roll Right and Left Transition
- CONDITIONING:** **Module C.13** - Fire Hydrants  
**Module C.19** - Calf Raises  
**Module C.22** - Lever
- FUN ACTIVITY:** Select an age appropriate game from **8 MINUTE ACTIVITIES**

## Let's Get Started!

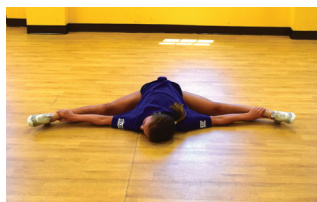
Have the athletes circle up. If you have small carpet squares or circles, they can each sit on their own colored mark.

Attendance - 3 min

Stretching - 5 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

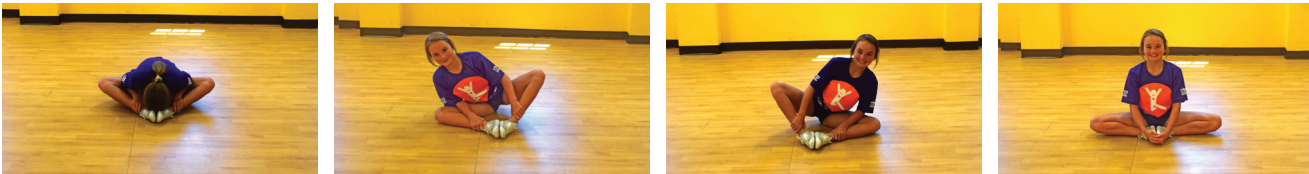
### Pike Stretch

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

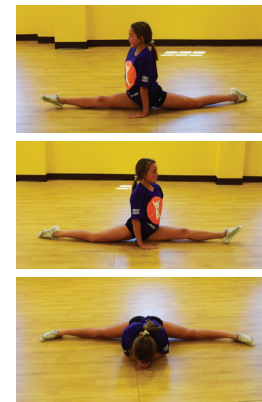
1. Kneel on one knee. Hands on hips. Push the hips down and forward. Hold for a few seconds.
2. Push hips back and straighten the front leg / point the front toe. Bend forward laying the chest on the leg. Reach your hands forward past the front foot. Hold.
3. Switch Sides.



### 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.



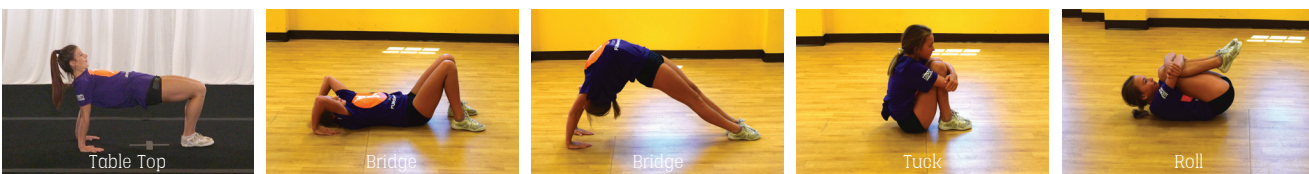
### Table Top or Bridge / Tuck and Rolls

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.



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## Motion Drills - 8 min

**Module M.5** - Sumo Squat

**Module M.6** - Full Nelson

Follow the Module. Review all of the arm motions with the arm motion counts and add this two new arm motions into the sequence.

## Jumps - 10 min

**Module J.5** - Straight Jump with Strong T

**Modules J.6** - Tuck Jump with Strong T

Review all components of the Jumps focusing on a good approach into them.

## Building / Pyramid - 15 min

**Module B.1** - Body Positions on Performance Floor

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

**Module B.6** - Single Leg Knee Stand - Opposite Leg

Review the selected stunts with the counts listed on the Modules.

## Tumbling/Conditioning Circuit - 15 min

Set-up a circuit that includes the Modules listed above. The instructor should SPOT the Backward Roll to Extension (TR.10). Make sure the instructor places this station so their back is NOT to the other stations. They need to not only SPOT but look up and give corrections to the other athletes at their stations.

**Module T.1** - Near and Far Arm Cartwheel - *Perform the drill as described in the Module.*

**Module T.2** - Blocking - *Perform the drill as described in the Module.*

**Module T.3 / T.4** - Front Walkover & Back Walkover - *Perform the drill as described in the Module. Use a Barrel Mat.*

**Module T.6** - Hurdle - *Perform the drill as described in the Module.*

**Module T.7** - Roundoff - *Perform the drill as described in the Module.*

**Module T.9** - Rebound Up to Mats - *Perform the drill as described in the Module.*

**Module T.10** - Backward Roll to Extension - *Perform the drill as described in the Module. Use a wedge mat to roll down. INSTRUCTOR SPOTS HERE.*

**Module T.13** - Forward Roll - *Perform the drill as described in the Module. Perform the skill on the floor this week.*

**Module C.13** - Fire Hydrants - *Perform the drill as described in the Module.*

**Module C.19** - Calf Raises - *Perform the drill as described in the Module.*

**Module C.22** - Lever - *Perform the drill as described in the Module*

**Module TR.1 & TR.2** - Clean Walk Transition & Crouch Walk Transition - *Set four lines / dots 4-5 steps apart to form a square. Have each athlete transition in the clean walk from line to line. They need to stay facing forward. So they will clean walk forward, backwards, diagonally and side to side. They NEVER get to face a different direction.*

**Module TR.4** - Seat Roll Right and Left Transition - *Set two lines / dots 3-4 feet apart. Have each athlete stand on one line. They need to seat roll to the second line. They repeat this back and forth working both the left and right sides.*

## Fun Activity - 8 min

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

Have athletes place a sticker on their Skills Chart.

