

Camp Lesson Plan: Monday

Floor

1. Tri-pod against wedge– progress to headstand against wedge
2. Forward Roll on 1/2 rainbow from a block
3. Sideways cartwheel over CW block
4. Tip up/ handstand on panel mat
5. Bridge rockers over barrel
6. Tuck and roll pushing hands into floor and standing all the way to feet
7. Jump rope

Vault

- Line up 2 panel mats behind board , from there run punch stretch jump up to block; jump off and stick.
 - move to tuck and straddle jumps

Return Stations

1. Jump Hurdle into hula hoops
2. 3 Candle stick rolls on panel mat
 - try standing up on one foot
3. Tree fall
4. Tip-up/ handstand

Bars

1. Pull over using the purple mountain if needed, end in front support
2. Glide swing kick over cone
3. Front support walks, focus on tummies off bar
4. Switch grips– regular, mix, backward and back (high bar)
5. Front support forward roll

Beam

Line Drills - 2 passes of each

1. Forwards, backwards, sideways walks
2. Forward, Backward, sideways walks in releve
3. Gingerbread man walks
4. Bunny hops/ stretch jumps
5. Ice cream scoops– forwards and backwards
6. Kick walks—forwards and backwards
7. Bear walks

Tramp

1. Position jumps
 - stretch, tuck, straddle, split, pike
2. Jump in box 
3. Jump 1/2 turn
4. Seat drop

Return Stations

1. 5 sec chin hold on bar
2. 20 toe raises on stairs
3. 25 should taps in push up shape

TT

1. Stretch Jumps– forwards, backwards, and sideways
2. Tuck , straddle and split jumps
3. Ski jumps
4. Forward roll stretch jump

Return Stations

1. Forward roll down wedge
2. Jump hurdle into hula hoops
3. Hands on floor beam and jump side to side

MODIFY SKILLS TO FIT THE NEEDS AND ABILITY OF YOUR STUDENTS

Camp Lesson Plan: Tuesday

Floor

1. Spider Walk to handstand count to 10
2. Forward roll down wedge
3. Chase cartwheel over CW block
4. Stretch jump up to block—move to tuck and straddle jumps
5. Candle stick with ball
6. Forward roll to straddle press on panel mat
7. L hold for 10 seconds

Vault

- Run punch stretch jump onto block jump off and stick
 - move to tuck and straddle jumps

Return Stations

1. L hold on wall 15 seconds
2. Stretch jump off board stick on shape
3. Forward roll down wedge
4. 15 second super girl hold

Bars

1. Hold chin to bar count to 10
2. Scoop hold
3. Front support 1/2 forward roll return to front support
4. Toe touches on high bar
5. Front support, 3 casts, push away

Beam

Warm-up- forward, backwards, and side-ways walks; bunny hops/stretch jumps; bear walks

Stations

1. Pivot Turns (medium beam)
2. Leg hold on med. beam (10 sec. each leg)
3. Levers- add on tip up (low beam/ med beam)
4. 1/2 turn in coupe (med beam)
5. Level 1 mount- kick walks down and stretch jump off stick (high beam)
6. Bridge on low beam

Tramp

1. Stretch jumps with arm circles
2. Jump 1/2 or full turn
3. Seat drop stand
4. Seat drop stand 1/2 turn
5. Seat drop table drop stand

Return Stations

1. 15 sec wall sit
2. 20 sec super girl
3. 5 sec straddle press on mushroom

TT

1. Stretch jumps with arm circles
2. Tuck jump, Straddle jump
3. Run punch stretch jump
 - move on to run punch tuck and straddle jumps

Return Stations

1. 5 sec pike hold on rings
2. Straddle travels on p-bars (try for straight legs)
3. Straddle press on mushroom

MODIFY SKILLS TO FIT THE NEEDS AND ABILITY OF YOUR STUDENTS

Camp Lesson Plan: Wednesday

Floor

1. Spider walk to handstand forward roll out
2. Backward roll down wedge to push up shape
3. 2 cartwheels in a row
4. Bridge with feet on block
5. Tip up/handstand on floor beam
6. Forward roll on panel mat to jump 1/2 turn
7. Straddle press on mushroom

Vault

- Warm-up: Run punch stretch jump, jump off and stick
- Squat on to block
- Run punch donkey kicks

Return Stations

1. Donkey kicks on block
2. Forward roll
3. Tip up/handstand
4. Hallow hold for 15 seconds

Bars

1. Pull over 3 casts push away
2. Glide swing
3. Candlestick hold on bar
4. Wiggle worms
5. Squat on from block- start with step on and progress to jumping.

Beam

Stations

1. Lever on med beam (low beam only if really needed)
2. Candlestick hold (med beam)
3. Split jumps (med beam)
3. 1/2 turn in passé (med beam)
4. Level 1 mount- bear walks down straddle jump off stick (high beam)
5. Forward roll on floor beam

Tramp

1. Stretch jumps with arm circles
2. Split jumps
3. Seat drop 1/2 turn seat drop
4. Seat drop table drop superman
5. Knee drop

Return Stations

1. Jump to front support 5 casts push away to stick
2. Candlestick hold hands on floor
3. Stretch in pike

TI

1. Stretch jumps with arm circles
2. Run punch dive roll down wedge - move on to dive roll up onto rainbow block with 4" red mat on top

Return Stations

1. 10 sec chin hold on rings
2. Bridge on wedge
3. Tip up/ handstand
4. Candlestick hold on low beam

MODIFY SKILLS TO FIT THE NEEDS AND ABILITY OF YOUR STUDENTS

Camp Lesson Plan: Thursday

Floor

1. Spider walk to handstand flat fall
2. Squat on from board straddle jump off and stick
3. Cartwheel down wedge
4. Bridge rockers with feet on block
5. Straddle backward roll down wedge end standing in straddle
6. Shoulder taps in push up shape on floor bar
7. Tip up/handstand on block

Vault

- Warm-up: Run punch stretch jump, jump off and stick
- Run punch squat on, stretch jump stick
 - move to pike on

Return Stations

1. Jump forward roll from board down wedge
2. Straddle press on mushroom
3. From block jump down punch up to block
4. L hand on rings 5 seconds

Bars

1. Pull over 3 casts back hip circle (SPOT)
2. Straddle swing out and grab cylinder with feet– focus on straight legs
3. Jump to front support with straight arms
4. Monkey walks
5. Sit in pike on bar push up and fall backward under bar

Beam

Line Drills– 2 passes of each

1. Forward, backward, sideways walks (Releve)
2. Marching
3. Bear Walks– try backwards
4. Kick walks– forwards/backwards
5. Bunny Hops
6. Step, step leap (2 per pass)
7. Practice jumping from beam and sticking landing

Tramp

1. Stretch jumps with arm circles
2. Jump full turn
3. Forward peanut rolls
4. Seat drop table drop forward roll
5. Back drops on wedge

Return Stations

1. Candlestick hold on bar
2. 10-15 jumps up and down on stairs
3. Hold middle splits 15 sec

TT

1. Stretch jumps with arm circles
2. Tuck and straddle jumps
3. Split Jumps
4. Cartwheels
5. Cartwheel step together

Return Stations

1. Pike hold on small pommel horse
2. Jump to front support and 5 swings on p-bars
3. Forward roll on floor beam

MODIFY SKILLS TO FIT THE NEEDS AND ABILITY OF YOUR STUDENTS

Camp Lesson Plan: Friday

Floor

1. Try kick to handstand against wedge
2. Cartwheel on line in-between thin rainbows
3. Jump hurdle from board onto panel mat
4. Bridge with feet on block try one foot up or kick over
5. Dive forward roll from board down wedge
6. Backward roll on floor
7. Hula Hoop

Vault

- Warm– up: Run punch stretch jump, jump off and stick.
- Dive-rolls down wedge

Return Stations

1. Backward roll down wedge
2. 15 shoulder taps in push up shape
3. Cartwheel
4. 5 second chin hold on rings

Bars

1. Pull over with feet together
2. Jumping pull ups
3. Front support single leg cuts
4. Swings
5. 3 casts squat on (SPOT)

Beam

Stations

1. Squat on jump off stick (med beam)
2. Stretch jump, tuck jump, straddle jump (med beam)
3. Tip up (med beam)
4. Squat turn (med beam)
5. Level 1 mount– bunny hops down, stretch jump off stick
6. Cartwheels on low beam or floor beam

Tramp

1. Stretch jumps with arm circles
2. Tuck, straddle, pike jumps
3. Seat drop table drop forward roll
4. Knee drop handstand
5. Backward roll to push up

Return Stations

1. 5-10 sec headstand or tri-pod
2. 5 sec bridge
3. 15 sec hallow hold

TT

1. Stretch jumps with arm circles
2. Ski jumps
3. From middle of TT a few steps and punch to donkey kicks hands on panel mat
- progress to punch to handstand

Return Stations

1. 5 sec hold on rope (no feet)
2. Backward roll down wedge
3. 15 sec hallow hold
4. 20 toe raises on low beam

MODIFY SKILLS TO FIT THE NEEDS AND ABILITY OF YOUR STUDENTS