

Boys Rec Lesson Plan

Day	Wednesday
Time	5:30 pm – 6:30 pm
CIT?	Jessica
# of Athletes	6
Special Notes:	<p>3 Children with Special Needs: Steven – ADHD (Parent will assist) Xael – Autism Liam – Autism</p> <p>*Have Vault circuit set up before class starts as Jessica is not available until after vault, and lower back bar for ease in transitions later!</p>

Rotation Schedule

5:30 – 5:40	Warm Up	Rec Floor Area
5:40 – 5:50	Rec Vault	
5:50 – 6:00	Rec Floor	
6:00 – 6:10	Tumble Trak	
6:10 – 6:19	Boys Area	Rings and Bars
6:19 – 6:28	Boys Area	Pommels and P-Bars
6:28 – 6:30	Stickers & Flyers	

Warm-Up

*Create a script for warm-up (exact words/phrases), and use it every class. Children with autism thrive in environments with routine and predictability. I have also created a visual schedule to carry around with you to help guide the children.

Vault

In 10 minutes, each athlete will likely complete the circuit about 6 times. This means every time they see you is an opportunity to work on a new skill (eg. 2 straight jumps to timber, 2 tuck jumps to back drop, Pull mat on top of vault and do 2 supermans). This will keep children active and focused. Just as the warm-up, maintain the same circuit every class. These should be working on vault skills such as beatboard entry, straddle ons, half/full turns, front support pops, and something fun at the end.

Sample Circuit:

1. Vault with you (change every 2 turns)
2. Monkey walk across bar land in motorcycle
3. Front support pops up mat and down mat (small square mat)
4. Block beatboard entry to block
5. Half/Full turn off block
6. A fun challenge to try

**Typically I would not do a “running” circuit for rec, but it may be easier to manage alone

Rec Floor

Jessica has joined you so I would suggest creating 3 stations and sticking with it. The station in which you are at can change from week to week and this can be your testing station. The boys splinter off into groups of two and stay at a station until you call switch.

While stations are being set up by Jessica, you can do a quick 2 min run through of 3 or 4 locomotives for testing purposes.

Sample Stations:

1. Testing Station (eg. Front support/Back Support Game/Review)
2. Incline (log rolls and front rolls)
3. Cartwheel over box

Tumble Trak

While Jessica sets up 2 stations on the comp vault strip, line up all of the boys on the floor and quickly review shapes, jumps and motorcycle stop. I find the best way to review motorcycle stop is to have them hop around non-stop and then yell stop! And they have to stop in a motorcycle (repeat 3-4 times).

Again, to keep them contained, I would keep them in partners and have them work on a station until you call switch.

1. Tumble Trak (where you are. Can have them spread out and review jumps and then try 2 run-bys)
2. Front Rolls on Mat from a beatboard (put block in front so they don't run) STRESS HANDS!
*fun and easy to keep them occupied – Jessica should be here
3. Climb up block, Jump off vault to motorcycle onto rezi pit

Alternatively, you could also do a running circuit for this one as well, just depends on how controlled they are that day. The less control, the more constraints you need to put on them (ie. Stations)

Boy's Area – Rings and Bars/Pommels and P-Bars

We will divide the Boys Area time into two chunks for visibility reasons. For example: If you stand by the pommel you can't see rings. Again, have boys work in groups of 2 and switch when you yell switch.

Sample Stations (Rotate through all then move to Pommel Area):

1. Floor p-bars (bring them over) – tuck and pike holds
2. Rings – Swing/Spin the Cats
3. Single Rail Bar – Swings from block to motorcycle

Sample Stations:

1. P-Bar swings or Monkey walking
2. Pommel Front Support to Back Support
3. Mushroom Walking Circles