

## Lesson Plans

Some visibility notes on lesson plans:

- Write out lesson plans as a separate document and not as part of an email or a Facebook message as we are not supposed to be using our phones in the gym, and it is very hard to read large amounts of text off of a small device
- Small text makes teaching class difficult (i.e. having to take time to find where you are on the page), so try to keep it size 12 or higher.
- Use bold text to highlight or separate sections or points. This really helps differentiate the text on the page visually, keeping the coach on task.
- When emailing the lesson plan email it to Amanda and the replacement coach so that there are not only several copies but also allows the replacement coach time to ask for a print out if needed and arrangements can be made, keeping everyone on the same page.
- In the lesson plan email, ensure the subject title includes the date and replacement names (e.g. Subject: Jan 16 2013 Suzi replacing Sam)

### Basic arrangement/template of a lesson plan:

Firstly, it is nice to lay down the basics such as who you are, who is replacing you, the date its occurring, the time, the breaks etc. It can be done in the following fashion:

**Coach name:** \_\_\_\_\_ (you)

**Replacement coach:** \_\_\_\_\_

**Date of replacement:** dd / mm / yyyy

**Time of replacement:** \_\_\_\_:\_\_\_\_ am/pm until \_\_\_\_:\_\_\_\_ am/pm

**Scheduled Breaks:** \_\_\_\_:\_\_\_\_ am/pm until \_\_\_\_:\_\_\_\_ am/pm - Paid: Y/N (circle one)  
\_\_\_\_:\_\_\_\_ am/pm until \_\_\_\_:\_\_\_\_ am/pm - Paid: Y/N (circle one)  
\_\_\_\_:\_\_\_\_ am/pm until \_\_\_\_:\_\_\_\_ am/pm - Paid: Y/N (circle one)

If they are covering more than one class which is often the case in our gym continue with the following:

**Class time:** \_\_\_\_:\_\_\_\_ am/pm until \_\_\_\_:\_\_\_\_ am/pm

**Class Level:** \_\_\_\_\_

#### **Rotation Schedule:**

<b>Location</b>		<b>Time</b>
Warm Up		____:____ am/pm until ____:____ am/pm
Event 1		____:____ am/pm until ____:____ am/pm
Event 2		____:____ am/pm until ____:____ am/pm
Event 3		____:____ am/pm until ____:____ am/pm
Event 4		____:____ am/pm until ____:____ am/pm
Event 5		____:____ am/pm until ____:____ am/pm
Cool Down		____:____ am/pm until ____:____ am/pm

After this, a breakdown of each individual event including warm ups and cool downs is necessary so you can specify if you do warm up or attendance or stretching, etc. On the event break down I often give an example of the circuit alongside a short descriptor of each station I do on each event. I often take use this space to specify if a gymnast requires special assistance on a certain move or is more advanced and does something else from the norm. Eg.

**Beam:**

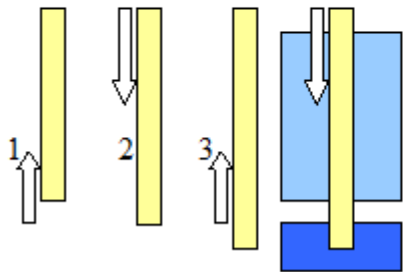
The picture included shows the flow but its pretty much a circuit. The first two beams don't change.

Beam one is pirouette preps and half pirouette.

Beam two is front roll by themselves connected straight away to handstand

Beam three/four goes by circuit rounds:

- 1) rebounds/tiptoe front
- 2) switch jumps/ tiptoe back
- 3) cat leap/ front kick
- 4) tuck jump/ back kick



\* Note: put a mat under beam 4 and on the dismount end. Thanks!

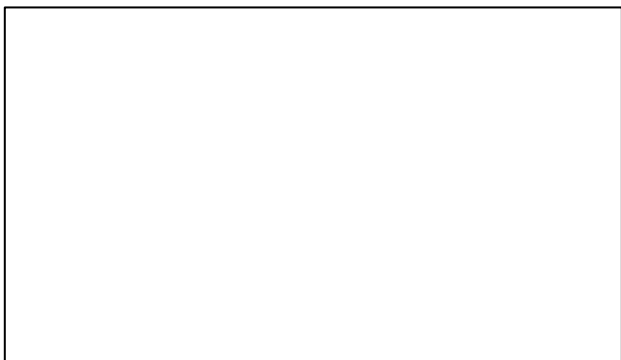
If there's enough time have a pike hold contest on the low beams like we do with the odp.

Using word art is one way to do it however it can be time consuming. In the past, I have simply drawn out my diagram on a piece of paper, took a photograph and slapped it straight into the document. However, if you're not tech savvy perhaps a quick template will soon be created where you can draw by hand and submit. Maybe looks like the following?

**Event:** \_\_\_\_\_

Circuit:

- Station 1: \_\_\_\_\_
- Station 2: \_\_\_\_\_
- Station 3: \_\_\_\_\_
- Station 4: \_\_\_\_\_
- Station 5: \_\_\_\_\_
- Station 6: \_\_\_\_\_
- Station 7: \_\_\_\_\_
- Station 8: \_\_\_\_\_



Notes:

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**Multiple Classes in a Single Lesson Plan:**

If you are getting someone to cover a lot of consecutive classes, unless they all very different levels you don't have to make a diagram for each class, especially if you do roughly the same circuits for each class. However you have to provide the basic rotation schedule and any of the event notes and side notes necessary for the coach to have a successful class.

For example:

\*\*\*Diagram schedule is Above \*\*\*

**Class time:** \_\_\_\_: \_\_\_\_ am/pm until \_\_\_\_: \_\_\_\_ am/pm

**Class Level:** \_\_\_\_\_

**Rotation Schedule:**

Location		Time
Warm Up		____:____ am/pm until ____:____ am/pm
Event 1		____:____ am/pm until ____:____ am/pm
Event 2		____:____ am/pm until ____:____ am/pm
Event 3		____:____ am/pm until ____:____ am/pm
Event 4		____:____ am/pm until ____:____ am/pm
Event 5		____:____ am/pm until ____:____ am/pm
Cool Down		____:____ am/pm until ____:____ am/pm

**Notes:** All of the circuits are the same as the previous class except for the following:

**Warmup**

- I am on hair duty while Coach A does cardio, after I do the stretching.

**Bars**

- “Jane” is working on back hip circles

**Cooldown**

- We do a quick cool down on the pink strip where we do splits and bridges or sometimes play the game “knots”.

**Final Notes**

At the end of the document, take the time to provide any other notes to the coach whether it be things you are responsible for like cleaning or if you lock up, or just simply thanking them for taking you class.