

## Replacement Lesson Plan

**Coach Absent:** Samantha Ferreira

**Coach Replacing:** Katrina Hubler

**Date Replacing:** Sunday, March 8<sup>th</sup>, 2015

**Time:** 9:00am – 10:00am

**Level:** Senior Kindernastics

**Number of Gymnasts:** 8

### **Note to Coach:**

Hi Katrina, thanks again for taking this class. They should be fine considering you have been with them every single class. Just make sure to be firm with your statements. Don't say do you want to try this? Give directions e.g., sit on the blue line. Try not to make promises to them, either. Surprises are always better and more memorable! Also, modify anything on this that you don't feel comfortable spotting with. Better safe than sorry! Oh! And be sure when they take drink breaks to ask them if they need to go to the bathroom!

PLEASE REMEMBER THAT TODAY IS REPORT CARD DAY. Reports are in the bottom drawer of the tall cabinet. Please hand these to them at the end of class. If you happen to be wearing your sweater you can just shove them in the front pocket. They won't fold and that way you can give them out at any event 3 minutes before so you don't have any delays going into Adrian's class. Anyone who is not present you can just throw back into the drawer. Thanks!

### **Schedule:**

\*Every day (as you know) we start on a different event. Rotation goes in a circle: Bars, Tramp, Vault, Beam and Floor.

\*I do warm-up.

Warm-up	9:00-9:10
Event 1	9:10-9:20
Event 2	9:20-9:30
Event 3	9:30-9:40
Event 4	9:40-9:50
Event 5	9:50-9:57
Give Report Cards	9:57-10:00

### **Warm-up:**

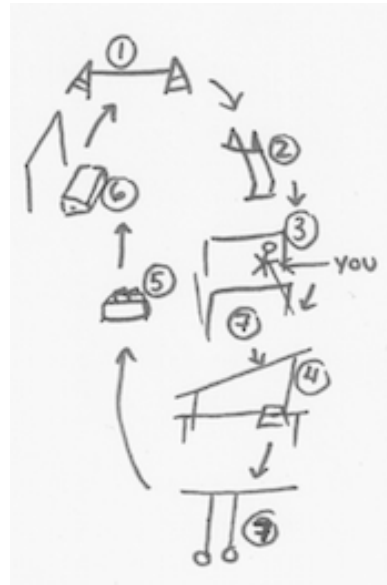
5 minutes of locomotives (e.g. run, jump, skip, hop, bear walking, crab)

5 minutes of stretching. Remember, last class we finally introduced the bridge to everyone and it was VERY successful. They were so proud. Maybe we can give them a challenge? 1 foot?

### Bars:

Have them sit down in front of the ladder bar. Have them tell you how many of them there are and therefore how many stations we will have. Number of stations is dependent on the number of kids present. I will provide the 6 main stations and then 2 filler because odds are you will probably only have 6. When adding the filler stations just make sure they flow well with the circle. Like switch 7 so that its station 5 and then 5 becomes 6 for example. Once you're done spotting one kid. Call freeze so they motorcycle then switch.

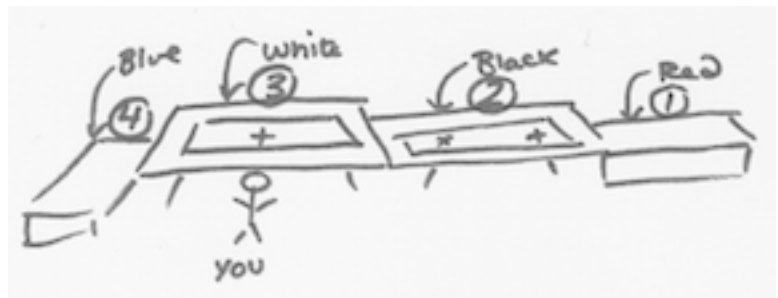
1. Front supports – long neck
2. Sliders or Crab walking
3. YOU SPOT  
1 Spin-the-cat  
1 Front support roll fwd  
1 Pullover
4. Monkey walking on P-Bars
5. Tuck Hold on tiny pommel
6. Swings on Single Bar
7. Rings
8. Tuck hang on 2<sup>nd</sup> yellow bar



### Trampoline:

4 stations. Pair them off. They have been working on trying stomach falls from feet. Remind them of this. Also remind them what a turtle is. Also remind them that on the black trampoline they should be standing after every seat drop and every doggie drop. If they become wild at any point yell freeze, explain why they froze and have them continue. Safety first!

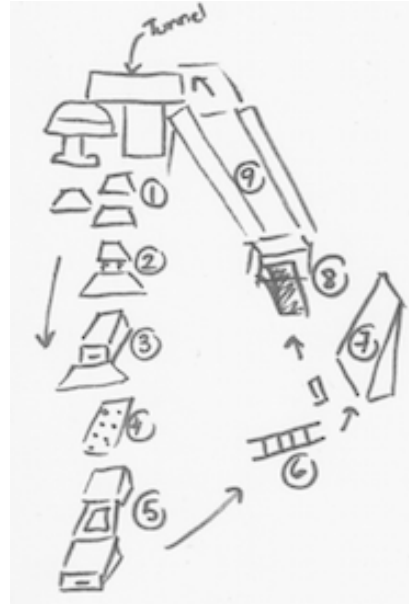
1. Stomach falls
2. Seat Drops and Doggie Drops
3. 5 of each jump:  
Pencil, Tuck, Star  
2 of each jump:  
Seat drop, Doggy drop
4. Turtles (Back drops)



### Vault:

Sometimes vault is tricky depending on how chaotic the last person left it. If there is not much to work with, have them help you build a tunnel (it's the highlight of their day often) and then have them line up. Set up two stations and then they can go. If you aren't done setting up to your liking just have them go directly to the trak while you build more. Just make sure that each child has an equal amount of time on the equipment. If one child gets to try a drill while the child before them doesn't there is going to be bickering. Below is just a suggestion. Again if it is chaotic go with motorcycle drills. There can never be enough motorcycle drills.

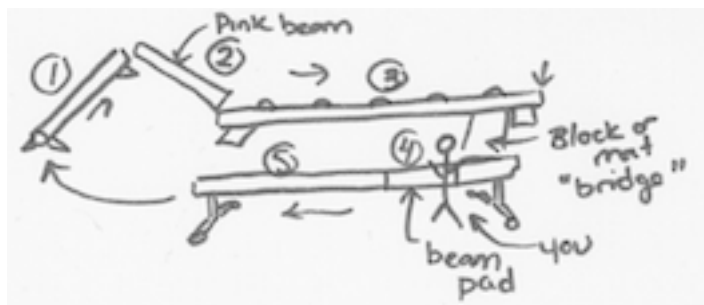
1. Long jumps to/from puzzle pieces
2. 3 jump motorcycle
3. twist jump (1/2 turn) motorcycle
4. backward ladybug mat
5. trampboard jump motorcycle  
1 block before, 1 block after
6. tiptoe through ladder
7. handstand with cheese wall
8. straddle on
9. Different jumps: straight, tuck, star and backward straight/tuck/star



### Beam:

As you know I start with a warm-up challenge and add something new or try a new height. Up to you. Whatever you feel most comfortable with. But they do Tall like tree, small like a mouse, wide like a house, sit on the beam, stand up, balance 1 foot, balance the other foot, straight jump dismount motorcycle. This usually takes about 5 minutes. After those 5 minutes we want to get them walking on the beams as much as possible so, continuous circuit about 2-3 times around (most likely 2).

1. Backward Bears
2. Forward Walking
3. Jumps over bean bags
4. Front roll spotted by you
5. Marching, Kicks forward, kicks backward

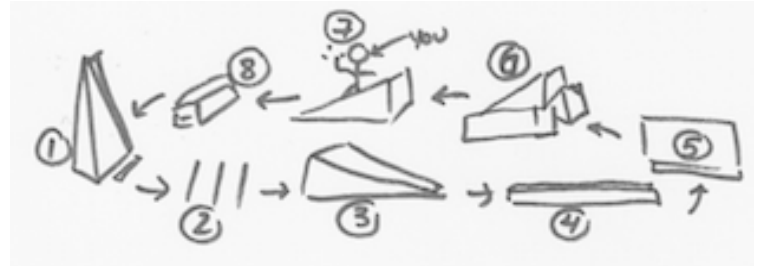


## Floor:

They have been working on handstands (trying to get their nose on the wall), star rolls down the cheese, back rolls (ostrich and spotted on cheese), baby cartwheels over skinny blocks and bridges. I was thinking of having them try front rolls on the purple beam for fun. Whatever you think. Just make sure they are listening. If you don't want to raise your voice have them line up on the floor, on one of the Velcro lines in the middle of the floor. So they are dead center to both ends of the circuit. Then you can explain it all (and explain it while you set it up) be sure to ask them questions along the way to make sure they are paying attention. Again, this is an idea. I don't know what equipment you will have accessible to you right away. It's good to just get creative sometimes and go with the flow. Sometimes those stations are the most memorable ones! REMEMBER: the circuit doesn't have to touch both ends of the floor; it can end half way if that's what keeps them engaged!

ALSO, if you find they are skipping stations then stop them and tell them to stay on the station like bars and tramp until you call freeze. If they are really energetic though, just let them burn off some fuel so their parents are happy.

1. Handstand trying to get nose and toes
2. Handstand on 3 Velcros (1,2,3s)
3. Star rolls down cheese
4. Front rolls on purple
5. Bridge
6. Ostrich roll
7. Back roll on cheese spotted
8. Cartwheel over the block



## REPORT CARDS

Can hand the report cards to them one by one. There may be stickers available. I usually give one each, unless only like a handful showed up them I might give them two. I usually ask them if they want it on their hand or on the certificate, 99% of the time they want it on the certificate, which is why I stopped "pre-stickering" them. Otherwise, give them each one stamp.

Thanks again, Katrina!  
Have fun!