

**Mini Stars & Hoppers**  
Theme: Pirates **Week "A"**  
February 19 –March 2

**WARM-UP**

Do a quick warm-up going over positions, stretch muscles, word of the month and activity.

***SHIP WRECK Activity:***

Have them jog, hop, skip, etc.. around the rug & when you shout a directive they respond:

- Shark – they hop on one foot
- Shipwreck – they must all jump on a mat
- Overboard – they lay down and start swimming

**FOCUS:**

**Plank Hold**

(From a push up and on their forearms)

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- 1.) **Uneven Bars:** Front support, 3 casts, forward roll.
- 2.) **Single Bar:** Possum hang **Hoppers 2:** Possum pull-ups
- 3.) **Rings:** SWING on the rings!! (bent arm hang!)
- 4.) **High Bar:** Swing in a pike **Emphasize the safe landing!**
- 5.) **Wall Bar:** Front Support Space walks **Hoppers:** Pullover –hold front support & space walks

**\*\*\*Make sure that you can see all of the bars.**

**- Mini Stars ONLY: Can use the slanted part of the rock wall as a 6th station.**

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- 1.) **Purple Beam:** Safe Landings over the maps **Hoppers:** Straight body jumps w/ arms up!
  - 2.) **Wooden Ladder:** Bear crawl over the ladder. Do not walk upright...they could fall...use hands & feet
  - 3.) **Crayon beam:** Walk backwards **Hoppers:** backwards in releve'
  - 4.) **Suede Beam w/ legs:** Dip KICKS at the pirate items
  - 5.) **Trampoline:** Straight body jumps, tuck jumps, ski jumps, maybe forward rolls **ON** the trampoline?  
**Emphasize the safe landing!**
- **If you have extra time and want to have the kids stand on the Little Twisters beams and practice safe landings off the beam you can.**

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- 1.) Walk the plank across the balance beam on 2 panel mats
- 2.) Smaller incline mat– hand stand kick ups. Switch leg. (Whatever foot starts in front ends in the back!)
- 3.) Straight body forward roll down green incline...NO hands to get up If ready **Hoppers:** backward roll
- 4.) Straight body spider climb....squeeze feet together
- 5.) Cartwheel with hands and feet props - start & finish in lunge!

**Make sure to emphasize that they slow down, take their time and start & finish skills correctly!**

**Pirate Joke:**

**Q: What's a pirates favorite letter?**

**A: Arrrgh**

## Little Twisters

FOCUS:

Theme: Pirates **Week "A"**

**Plank Hold**

(From a push up and on their forearms)

February 19 –March 2

**W** Be active and motivating so they enjoy warming up. We are going to play modified SHIPWRECK to warm-up. Have them jog in place and when you shout out a command they will do it. WOW talk too!

**C** Ship Wreck: Jump onto a mat (the mat is a life raft)  
 Sea Sick = Sit-ups while making throw up sounds...haha! Shark = Hop on 1 foot.  
 Overboard = lay on stomach swim w/ straight arms & legs kicking. All Hands on Deck = push up hold

**B** 1.) **Uneven Bars:** Front support—3 casts—Forward roll ...If they are ready have them try regular pullovers  
 2.) **Single Bar:** Possum pull-ups (try to have them alternate which ear they bring to the bar)  
 3.) **Rings:** Bent arm hang in a STRADDLE—PIKE (like scissors) 5x  
 4.) **High Bar:** Swing in a pike **Emphasize the safe landing!**  
 5.) **Wall Bar:** Pullover—3 Casts– Forward roll or cast away.  
**\*\*\*Bar #5 will be the bar that the coach spots so that you can see all of the other bars.**  
**\*\*\*Assign them to a bar and tell them when to switch.**

**B** Review terminology: Releve', Airplane Arms, Safe Landing, Pivot Turns, Crown Arms, etc...  
 1. Do walking assignment with AIRPLANE ARMS. Walk down and then safe landing jump off.  
 2. Do walking assignment AGAIN, this time with CROWN ARMS  
 3. *If there is time and your group can handle it have them "bop" a balloon back and forth to each other while standing on the beam.*

- Forward
- Releve' Forward
- Sideways
- Marching
- Dip Steps
- Front Kicks
- Backwards
- BUNNY HOPS
- Pivot Turns

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<p><b>1. BACKWARD</b></p> <p><b>Incline Mat</b></p> <p>First do a BRIDGE, then lay down and do a backward roll.</p> <p>STAY OFF HEAD!</p>	<p><b>2. STRAIGHT FRONT ROLL</b></p> <p><b>SMALL STING MAT</b></p> <p>Finish facing the mirror</p>	<p><b>3.CARTWHEEL</b></p> <p><b>Folded Panel Mat facing LONG way</b></p> <p>Start with foot on the edge and hands reach out to the end.</p> <p>Lunges!</p>	<p><b>4A. HANDSTAND</b></p> <p><b>Small Incline Mat</b></p> <p>Start &amp; finish in a lunge facing the mirror</p>	<p><b>4B. WALL STATION</b></p> <p><b><u>Straight Body Spider Climb</u></b></p> <p>Handstand with feet on Green Incline</p>
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**Q: What's a pirates favorite fish?**

**A:Swordfish!**

# High Flyers & Starlights

FOCUS:

Theme: Pirates **Week "A"**

**Plank Hold**  
(From a push up and on their forearms)

February 19 –March 2

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Ship Wreck: Jump onto a mat (the mat is a life raft)

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1. <b>1 or 2– Arm Cartwheel</b> - unfolded panel mat Finish in a lunge!	2A. <b>Spider Climb or Kick Up Handstand</b> - Against the wall	2B. <b>Handstands</b> - On colorful block buster mat. <i>Split, Switch, Straight</i>	3. <b>Straight body forward roll connected to a Straight Backward Roll</b> - Forward roll UP small incline	4. <b>Bridge Kickover &amp; Back Bend</b> - Incline Mat Only back bend UP the mat
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*If they already have a back bend AND a kickover you can have them try...1 footed back bend UP the incline mat. The beginning of a back walkover.*

High Flyers are NOT allowed to wear grips

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<b>1. High Bar</b> Straddle Toe Swings or Jump Straddle Toe Swing (Help with Sole Circles)	<b>2. Low Bar</b> Pullover, 3 TIGHT casts, (back hip circle), forward roll to a bent arm TUCK hold	<b>3. Wall Bar</b> Pullover, 3 casts, cast away	<b>4A. Extra</b> Push up hold pommel horse for 10 seconds and then try to jump into a STRADDLE	<b>4B. Stahl Bar</b> Upside down Sit Ups with Blue Incline Do however old you are. Bent legs and feet under strap
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### Quick Warm-Up

Spread out on the run way. Go over all together at the same time! Use props like dots, feet, or hula hoops. Make sure everyone in your group understands. Ask me to demo exactly what I want to see if you aren't 100% sure. (they MUST do an arm circle!!!!)

1. *Step (arms down)*
2. *Circle while they jump feet together (finish with arms down)*
3. *Straight Body Jump (arms up)*
4. *Safe landing hold*

### Stations:

Have them sit down and quickly explain the stations. They stay there until you tell them to switch. Make the rotations QUICK so you can try and get around 2x.

- Wall sit- Arms out, knees behind ankles, back flat to the wall... count to 10, then spider climb for 10 seconds, then repeat....
- Running squat-on to the vault trainer
- Arm Circle Springboard hit onto big red mat (no running, start on a block and straight jump off), into a forward roll
- Trampoline:—Straight, Tuck, or Straddle Jumps down and roll at the end down the incline mat.

**Q: What did the ocean say to the pirate?**

**A:Nothing, it just waved.**

**Starbrights & Hot Shots**

**FOCUS:**

**Theme: Pirates Week "A"**

**Plank Hold**

(From a push up and on their forearms)

February 19 –March 2

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Be active and motivating so they enjoy warming up. We are going to play modified SHIPWRECK to warm-up. Have them jog in place and when you shout out a command they will do it. WOW talk too!

Ship Wreck: Jump onto a mat (the mat is a life raft)

Sea Sick = Sit-ups while making throw up sounds...haha!

Overboard = lay on stomach swim w/ straight arms & legs kicking.

Shark = Hop on 1 foot.

All Hands on Deck = push up hold

1. <b>Round Off rebounds</b> - unfolded panel mat	2A. <b>Handstand Kick Up</b> - Against the wall (They can try walking in place)	2B. <b>Handstands &amp; Front Limber</b> - 3 handstands on colorful block buster mat, 1 front limber	3. <b>Straight Arm Backward Roll</b> - Incline Turn hands in so middle fingers touch and keep arms straight!	4. <b>Back Walkover</b> - sting mat
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**BACK HANDSPRING DRILLS**

1. Handstand Snap Downs
2. 1-2-3 Drills onto resit mat
3. Straight jump backward onto a low panel mat
4. Stack 2 blocks and lay with back on the edge and hands on the floor and then PULL both feet over (not kick)

<b>1. High Bar</b> <b>Jump sole circle or Cast Sole Circle</b> dismount (Goal should be to do it from a cast)	<b>2. Low Bar</b> <b>Bent arm hang in a pike for 3 seconds then, pullover, cast, back hip, sole circle</b> (from a block or a cast)	<b>3. Wall Bar</b> <b>Upside down hollow body, Pullover, 3 casts, cast away</b>	<b>4A. Extra</b> <b>Push up hold with floor bar for 10 seconds and then try to jump into a STRADDLE</b>	<b>4B. Stahl Bar</b> <b>Upside down Sit Ups with Blue Incline</b>  Do however old you are. Bent legs and feet under strap
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**Week 1:**  
Have them all spread out at a beam and go over how to mount the beam:

1. Salute
2. Front Support
3. 1 leg over
4. V-Sit
5. Swing toes behind
6. **KNEE SCALE**
7. Push up to a straight body

Spread out on the beam and go over:  
**Then have them all together practice:**

- Airplane arms
- Beach ball arms
- Crown arms
- Releve'
- Flamingo (passé & coupe')
- Safe landing
- Pivot Turns

straight jumps    tuck jumps    jump 1/4 turns,  
heel snap 1/2 turns    Scales    1-Footed Sits  
Candle Sticks    Cartwheel-Handstand Dismounts

**Week 2:**  
Get straight to the assignment. Try to get around 2x.

**Assignment**

1. *Floor beam:* Front handstands and cartwheels
2. 1-Footed Sits & Candle Sticks (try to connect)
3. Straights jumps, tuck jumps, and jump 1/4 turns
4. Cartwheel-Handstand dismounts (SPOT!)  
- *NEVER do a regular cartwheel dismount off the beam. You always have to land with 2 feet on dismounts.*

**Q: How much did the pirate pay for his earrings?**  
**A: A bucc-an-ear.**

**Starbursts**  
**Theme: Pirates Week "A"**  
 February 20 –March 4

**FOCUS:**  
**Plank Hold**  
 (From a push up and on their forearms)

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Be active and motivating so they enjoy warming up. We are going to play modified SHIPWRECK to warm-up. Have them jog in place and when you shout out a command they will do it. WOW talk too!

Ship Wreck: Jump onto a mat (the mat is a life raft)

Sea Sick = Sit-ups while making throw up sounds...haha!

Shark = Hop on 1 foot.

Overboard = lay on stomach swim w/ straight arms & legs kicking.

All Hands on Deck = push up hold

**Tumbling Lines (add Carpet Squares @ #4):**

1. Handstand HOLD, then Handstand f. rolls
2. Front limber, Tick Tock, Front Walkover
3. Back walkover, High Leg, Switch Leg
4. Dive cartwheels / Aerials

5. Hurdle round offs
6. Front Handspring
7. Dive Forward Roll

Emphasize that all skills are to be started and finished properly.

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1. <b>Cartwheel- Handstand Kick Up</b> - Against the wall	2. <b>Handstand snap down, rebound, backward roll / extension</b> - With a block & incline mat	3. <b>Back &amp; Front Walkover</b> - Folded panel mat  (Try to go UP the mat back walkover)	4. <b>Back Handspring Or Round off Back Handspring</b>
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<u><b>BAR 1</b></u>  Spot  Kips & Front Hip Circles	<u><b>BAR 2</b></u>  Long hang pullovers and tap swings  Should always be able to see feet in a tap swing!!	<u><b>BAR 3</b></u>  Sole Circles And Squat Ons	<u><b>BAR 4</b></u>  Pullover Back Hip Circle Cast-Back into a glide	<u><b>EXTRA STATIONS</b></u>  Straddle up handstand against the wall & Rope Climb
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Spread out and have everyone practice 1-footed sits and candle sticks. Then try to connect them.	Then, break kids into 4 groups and assign them a beam. Tell them when to rotate.	<u>Beam 1:</u>  <b>ACRO:</b>  Roll, Handstand, or Cartwheel	<u>Beam 2:</u>  <b>Combination:</b>  1-footed sit, Candle stick or shoulder roll	<u>Beam 3:</u>  <b>Dismounts:</b>  Cartwheel to HS hold  HURDLE Round off	<u>Beam 4:</u>  <b>Coaches Station:</b>  1 acro skill on the beam and 1 dismount
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<u>1.</u>  From a mat, Step arm circle rebound back onto the mat (Chest up!)	<u>2.</u>  Handstand Shoulder Shrugs - Against the wall	<u>3.</u>  Straight Jump Handstand Flat Back off the Vault - Vault w/ resi mat	<u>4.</u>  Dive Rolls or Front Tucks onto big red mat  (Arm circle!)	<u>5.</u>  Trampoline: Front handsprings w/ tall block
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**Q: Where do pirates buy their hooks?**

**A: The second hand store!**

# Beginning & Intermediate Tumbling

FOCUS:

Theme: Pirates **Week "A"**

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(From a push up and on their forearms)

February 19 –March 2

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Ship Wreck: Jump onto a mat (the mat is a life raft)

Sea Sick = Sit-ups while making throw up sounds...haha!

Overboard = lay on stomach swim w/ straight arms & legs kicking.

Word of the Month WOW talk too!

Shark = Hop on 1 foot.

All Hands on Deck = push up hold

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1. <b>Cartwheels or Round Off rebounds</b> - unfolded panel mat	2A. <b>Handstand Kick Up</b> - Against the wall (They can try walking in place)	2B. <b>Handstands &amp; Front Limber</b> - 3 handstands on colorful block buster mat, 1 front limber	3. <b>Straight Arm Backward Roll</b> - Incline Turn hands in so middle fingers touch and keep arms straight!	4. <b>Backward skill with Coach</b>  <b>Bridge Back Bend Walkover</b> - sting mat
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### BACK HANDSPRING DRILLS

1. Handstand Snap Downs
2. 1-2-3 Drills onto resi mat
3. Straight jump backward onto a low panel mat
4. Stack 2 blocks and lay with back on the edge and hands on the floor and then PULL both feet over (not kick)

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### Tumbling Lines & Tumbling Drills:

Spread out and do: **Rock & Roll 2 feet, Rock & Roll walk out, Rock & Roll in a straddle**

1. Straddle forward roll
2. Straight body forward rolls
3. Straight body forward roll walk out (try to stand up with just one foot touching!)
4. Straight body forward roll walk out—cartwheel
5. (Handstand Forward Roll)
6. (Handstand forward roll walk out—cartwheel)
7. "Dive" forward rolls onto incline mat

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- 1.) **Trampoline:** Straight jumps, tuck jumps, straddle jumps, pike jumps, cartwheels, forward rolls—Everyone try round offs off the trampoline (hands on the end, feet land on the mat)
- 2.) **Conditioning Station with Low Beam:** 5 dip push ups & 5 regular push ups (hands on beam)
- 3.) **Coaches Spotting Station:** Spot the skill each student needs most help with. (HS, CW, Walkover, etc.)
- 4.) **Resi Mat:** Dive forward rolls onto resi mat from springboard

Q: What did the pirate wear on Halloween?

A: A pumpkin patch.

# Advanced & Elite Tumbling

Theme: Pirates **Week "A"**  
February 19 – March 2

**FOCUS:**

**Plank Hold**

(From a push up and on their forearms)

**WOW**

Be active and motivating so they enjoy warming up. We are going to play modified SHIPWRECK to warm-up. Have them jog in place and when you shout out a command they will do it. WOW talk too!

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**Tumbling Lines (add Carpet Squares @ #4):**

1. Handstand HOLD, then Handstand f. rolls
2. Front limber, Tick Tock, Front Walkover
3. Back walkover, High Leg, Switch Leg
4. Dive cartwheels / Aerials
5. Hurdle round offs

6. Front Handspring
7. Dive Forward Roll

Emphasize that all skills are to be started and finished properly.

**TT**

<p>1.</p> <p><b>Round Off rebound– or connected round offs</b></p> <p>- unfolded panel mat</p>	<p>2.</p> <p><b>Standing Dive Cart-wheel or Aerial.</b></p> <p>Start with front foot on a panel mat &amp; push!</p>	<p>3.</p> <p><b>Handstand snap down, rebound, backward roll / extension / BHS</b></p> <p>- from a block to an incline</p>	<p>4.</p> <p><b>Walking Wall Handstands</b></p> <p>- Kick up to the wall &amp; hold a handstand. Try to “walk” in place</p>	<p>5.</p> <p><b>Back Handspring Or Round off BHS</b></p> <p><i>If they have a standing back handspring have them try a step out.</i></p>
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**Other Stations & Skills you can incorporate:**

Snap downs – snap down back handspring

Use 8 inch mat and do spotted bhs (or round off bhs) over (feet on floor...hands on mat....feet on floor)

Hands on green incline feet land on 8 inch mat

Hands on floor round off land feet on 8 inch mat

Round off from one knee

Aerials & Dive cartwheels (off panel mat or spring board)

Back tucks: Standing, back handspring back tuck, round off back handspring back tuck

**TT**

**Try 2 foot to 2 foot baranis off the end.**

1. Put PANEL mat at the end and have them jump into a round off and put hands on the panel.
2. Have them try to JUMP into a “no handed” round off.

Try 2 on the TT at a time. One doing jumps (split, straddle) and the other at the end with a coach doing back handsprings & back tucks.

**On the way back:**

1. Back walkover or back handspring on a sting mat
2. Handstand Hops with a hula hoop or carpet square
3. Jump into a round off on the big red mat, dive roll, or front tuck.

**ARM Conditioning**

- 10 Dip push ups with hands on side of TT
- 10 Regular push ups
- Handstand holds (with a partner or against wall)
- Repeat 2x

**Q: What did the pirate say when he left his wooden leg in the freezer?**

**A: Shiver me timbers!**