

Lesson Plan 1

Warm Up - 10 mins (The teacher demonstrates and the students follow along)

- Game: Frozen Bridge Tag (in forward-facing bridge or a table-top)
- Stretch: neck, wrists, and ankles
- Upper body circles ("hoola hoops")

Strength/Flexibility/Body Positions/General Technique Training - 10 mins

(The teacher demonstrates first, and then corrects students as they try each item together in a group)

Introduce:

- Chin Tuck
- Tuck (standing and seated)
- Standing Pike Stretch / Seated Pike Stretch
- Wide-hand Position (with thumbs facing each other)
- Front Support Plank Hold
- Acro First Position

Tricks To Introduce - 25 mins (Carrying on from the warm-up, the teacher first explains each item and then corrects the students as they try each trick together as a group).

Centre Floor:

- Rolling like a ball (hands clasped behind the head) (10x)
- Rock and Roll-up to standing (grabbing the knees) (5x)
- Table Top (2x)

At the wall:

- Candle (feet on the wall) (5x/10 seconds each)
- Backward Handstand (at the wall, legs bent) (5x/10 seconds each)

Centre Floor:

- *Without a mat* (everyone go get their own hoola hoop):
 - Hands Down Jump in a Circle (around a hoola hoop) (10x)
- *With a mat* (everyone go get their own mat):
 - Teddy Bear Stand (toes on the ground) (some students may need spot) (5x)

Across the Floor Work (Strength / Motor Skill Development) - 15 mins

(Students will be divided into four or five lines, and will perform each item once across the floor):

- Bear Walk (forward: 1 line/ backward: 1 line)
- Crab Walk (forward: 1 line / backward: 1 line)
- Table Top Rollovers (both sides: 1 line per side)