



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

GYMNASTICS – WEEK 1

DAY OF THE WEEK: MONDAY, MARCH 30

FOCUS: FLEXIBILITY

Flexibility is key to gymnastics body maintenance so you can perform your skills safely and injury free. Do this when you're watching your favorite show – a double win.

<https://www.youtube.com/watch?v=jeNwE4VXqgs>

DAY OF THE WEEK: TUESDAY, MARCH 31

FOCUS: TUMBLING

We are going to work on forward and backward rolls and straddle rolls.

Rolls are also a good safety mechanism to help you "bail out" of an element safely on the tricks that you're still working to conquer.

<https://www.youtube.com/watch?v=V3UJZqXTN U>

DAY OF THE WEEK: WEDNESDAY, APRIL 1

FOCUS: CARTWHEELS

Start with your dominate foot in front, facing forward.
Common mistake is to start the cartwheel sideways.

Arms are straight up and by your ears.

Don't crouch down, but lower into a T-position before your hands grip the ground.

Don't leave the hands on the mat long. They should follow your body's momentum.
Keep your arms straight up and by your ears. They rise up as your body rises back up.

It's all about strong arms, straight lines and pointed toes!

<https://www.youtube.com/watch?v=PYCsRGINHA>



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DAY OF THE WEEK: THURSDAY, APRIL 2

FOCUS: BRIDGES

The bridge is the basic skill that will help advance you to backbends and backhand springs. First, we must, must, must stretch out our backs to make sure we don't tweak anything. As you work your way from ground to bridge, count to five while just your hips are in the air. Then when you are in a full bridge, try to hold it for 10 seconds!

<https://www.youtube.com/watch?v=usyrUMFhLUc>

Fun & Conditioning

Zumba Kids

I Like to Move It

<https://www.youtube.com/watch?v=ymigWt5TOV8>

DAY OF THE WEEK: FRIDAY, APRIL 3

POP QUIZ

Let's Try What We've Learned So Far

1. What do we always do first? STRETCH!
2. Practice a forward and backward roll, and then the same with a straddle roll.
3. Let's do a cartwheel. See if you can connect them and do two in a row.
4. Finally, try a bridge.

CHALLENGE:

Can you connect steps 2 to 4 together in one movement? I know you can do it.



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GYMNASTICS – WEEK 2

DAY OF THE WEEK: MONDAY, APRIL 6

FOCUS: HANDSTAND

We are used to walking on our feet, and handstands flip us upside-down and get us to “walk on our hands.” As always, be sure to stretch your total body, especially warming up your shoulders and wrists.

This will walk you through the preparation steps in going from feet to hands, then a handstand against a wall, and finally creating space between you and the wall.

<https://www.youtube.com/watch?v=LZT4hWVFErs>

DAY OF THE WEEK: TUESDAY, APRIL 7

FOCUS: BALANCE

Let’s work on balance by finding opportunities around the neighborhood (unless you have a balance beam at home).

1. Find a curb in your neighborhood driveway, a bench or put a few bricks end-on-end.
2. Practice walking without falling off, both forwards and backwards.
3. Practice high knees walking.
4. Practice doing a scale on each foot.
5. Practice the “[Curb Balance and Bend](#).”
This will condition your calves while working on your balance.
6. How many can you do in a row? Try 2, then 3, then 5!

Fun & Conditioning

LES MILLS TIME!

<https://bit.ly/392eerN>



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DAY OF THE WEEK: WEDNESDAY, APRIL 8

FOCUS: BACKBEND

Now that you've mastered the bridge, let's build on that with a backbend. You'll start from a standing position and end in a bridge.

Getting help with your backbend: If you have someone to spot you, that's great. If not, you can use a wall and "walk down" it backwards until you end up in a backbend position.

<https://www.youtube.com/watch?v=bPH79mZAxOU>

Advanced: Try to do a handstand, and then control your legs as they "fall down" backwards into a backbend. This is a great video that also shows you how to spot and help your child through the moves.

<https://www.youtube.com/watch?v=1DHT5TKtSYA>

DAY OF THE WEEK: THURSDAY, APRIL 9

FOCUS: ROUND OFF

We are going to build off week one's cartwheel lesson and work on roundoffs.

A roundoff is an element to build speed and power in tumbling passes. How so? When you land a roundoff, you're landing simultaneously on both feet which affords you the power and ability to springboard to subsequent elements.

<https://www.youtube.com/watch?v=SBynK6UoT24>

DAY OF THE WEEK: FRIDAY, APRIL 10

PUTTING IT ALL TOGETHER

Reference the [Backbend Advanced Video Sequence](#) to string steps 1 and 2 together.

1. Stand and do a scale for balance into a handstand.
2. "Fall over" into a backbend and help your child up to standing.
3. Have them finish off with a roundoff.