



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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VIRTUAL PRACTICE PLAN

GYMNASTICS – WEEK 3 FLOOR AND DANCE SKILLS

As with all the daily skills, make sure you spend 5 minutes stretching and warming up your limbs. Think of a rubber band – if you try to stretch it to the max right away, it will snap – we don't want that. Take the time to warm-up your body – your muscles will thank you and this will allow you to successfully train without injury.

DAY OF THE WEEK: MONDAY, APRIL 13

FOCUS: SPLIT LEAP

A split leap is a beautiful toe-to-toe extension performed on the floor, which can also translate onto the beam. It's important to have strong arms and a strong core with intentional movements. Despite what it looks like, it's not all about the legs – the whole body has to work together to lift, split and land.

This tutorial works through the warm-ups, skills, body awareness and what your limbs are doing, to finally executing the jump. Now LEAP to your potential.

Challenge: Can you try and do two or three split leaps in a row?

[Let's Master the Split Leap](#)

DAY OF THE WEEK: TUESDAY, APRIL 14

FOCUS: TURN DRILLS

Beautiful turns and dance are important elements of the balance beam and floor exercise. Here USA National Team Dance Coach and Choreographer Antonia Markova shows a few drills to work on posture and line for turns.

Try to challenge yourself and use some chalk to draw the width of the balance beam on the sidewalk and see if you can stay "on the beam" as you practice your turn drills.

Remember, a strong core and controlled movements are the keys to success for this drill.

[Practicing Turn Drills](#)



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DAY OF THE WEEK: WEDNESDAY, APRIL 15

FOCUS: FULL TURN (WITH SHANNON MILLER)

This connecting move is essential for elements on the floor and beam and just as important as those “WOW” skills. The in-between moves set you up for success with the big skills.

Don’t worry if you don’t have a balance beam, draw something on the floor, or use a tile of the wood paneling of the hardwood floor to be a guideline for being able to start and end the move while still staying on the beam.

Shannon walks you through the important components and elements of the full turn. Be sure to end with your head high, arms out and shoulders down so you’re ready to connect to your next move.

Have fun and soon you’ll be “turning heads” with your moves!

[Full Turn Like An Olympian](#)

DAY OF THE WEEK: THURSDAY, APRIL 16

FOCUS: FULL TURN INTO VERTICAL SPLIT

Remember to stretch, stretch, stretch before you do this.

Now that you’re comfortable with the turn and you’re expanding on your split extensions, let’s put those moves together into a full turn vertical split.

Kerry Scott walks you through the step-by-step elements of the skill as well as some tricks to ensure proper form and posture.

Happy spinning!

[Full Turn Into a Vertical Split](#)

Fun & Conditioning

[“Can’t Stop the Feeling”](#) dance workout with these fun kiddos!

Come and join.



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DAY OF THE WEEK: FRIDAY, APRIL 17

POP QUIZ

Let's Try What We've Learned So Far

Let's put all the fun skills together that we've learned from week one.

1. First, stretch, stretch, stretch.
2. Review the following from weeks one and two: cartwheels and backbends.
3. Practice your split leaps, and perhaps connect a split leap with a cartwheel.
4. Practice the full turn and be sure to end with proper posture.
5. Now try the full turn vertical split.

CHALLENGE – READY TO PUT IT ALL TOGETHER?

- ✓ Running split leap into a cartwheel
- ✓ Follow it up with a full turn.
- ✓ If you want to get really advance, try to add a vertical split after the full turn.

GYMNASTICS – WEEK 4

DAY OF THE WEEK: MONDAY, APRIL 20

FOCUS: ONE-HANDED CARTWHEEL

Cartwheels are so much fun, so let's [learn how to do cartwheels one-handed](#).

To get warmed up, do a side plank with your dominant hand on the floor and then open up your body to face the sky with the other hand. Then switch sides.



Practice little hops as demonstrated on the tutorial to get comfortable with your full-body weight and movement on one hand. Start with your dominant foot pointed in front and that same arm straight up above your head. (1:00 – 1:20 on the video).

Then follow it up with a half circle hop.

When you ARE ready to do it, remember there's no halfway point in the movement. The skill requires force and you get that by launching yourself from beginning to the end of the skills. If you have a friend or parent to help spot you and get comfortable with the move, enlist in the support and help.



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DAY OF THE WEEK: TUESDAY, APRIL 21

FOCUS: STANDING UP FROM A BACKBEND

Now that you're in a backbend, how do you get back up? This tutorial will show you how to accomplish that. But first...

1. Stretch, stretch, stretch. This tutorial spends the first minute with exercises to stretch your wrist and back. Stretching is the SMART thing to do, and since you're an athlete, you know it's the smart thing to do as well.
2. Practice starting in a standing position and bending over into a backbend. If you need a refresher, refer to the [Week 2 video of Backbends](#).
3. Once in the backbend position, rock back and forth to give yourself momentum to stand back up. Walk your hands closer to your feet help you "pop" up.
4. If you have someone to spot you, that's a GREAT way to get comfortable and get a "feel" for what the movement will feel like on your own.
5. Practice "[How the Stand Up From a Backbend](#)."

CHALLENGE: Combine Weeks 1, 2 and 4 with:

- ✓ A [Handstand into a backbend](#) and then [stand up from the backbend](#).

Fun & Conditioning

[15-Minute Kids Dance and Fitness Video](#)



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DAY OF THE WEEK: WEDNESDAY, APRIL 22

FOCUS: BACKBEND KICKOVER

You'll remember in week two we worked on the backbend. Now we are going to work on a connecting move to get you out of the backbend and into the next skill.

This video will do a refresh on the backbend elements, techniques and ways to hone your comfort and skill into "falling" into a backbend.

When you are ready to do the kickover, if you skip to 2:15 on the video, it demonstrates practicing first with an ottoman or something that will help elevate your feet to make starting the kickover a bit easier.

[How to Do a Backbend Kickover](#)

Advanced: One fluid movement of a cartwheel into a backbend kickover.

DAY OF THE WEEK: THURSDAY, APRIL

FOCUS: MODIFIED KICKOVER INTO A BACK WALKOVER

Yep, now we're really advancing our skills and [learn how to do a BACK WALKOVER](#).

Be sure all of the elements up to this point are mastered. If it takes a few more days for each element, that's okay. Spend the time to do it right, not rushed. We want you to be successful in your journey, which starts with the correct form and skill mastery.

Modified kickover

(0:00 – 2:30 on video):

1. Start standing with your dominant foot slightly in front of the other foot.
2. "Fall down" into your backbend, keeping your feet staggered.
3. Then do a kickover to get back up.



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Balance Drills and Tips on Getting Comfortable with “Falling” Backwards
(2:35 – 4:10 on video):

1. Once you’ve mastered the modified kickover, work on core strengthening and balance skills. Everything starts with a strong core.
2. It also shares techniques on how to work through the “blind fall” and how to trust yourself by practicing looking up and behind.

Now put it all together and voila, you’ve mastered one of the essential, and advanced, connections in gymnastics.

DAY OF THE WEEK: FRIDAY, APRIL 23

PUTTING IT ALL TOGETHER WITH WEEKS 1 - 4

Now that you’ve learned a lot of the forward and backward skills and connecting skills, the opportunities are endless. Here are a few routines you can do, but also, feel free to make them up on your own and share them with others.

- ✓ Forward roll and stand up with your arms by your ears, ready for the next move.
- ✓ Do a scale for balance, up into a handstand.
- ✓ “Fall” into a backbend and stand up.
- ✓ Cartwheel (one-handed or two)
- ✓ When you stand-up from the cartwheel you’re facing the opposite direction and arm are by your ears and ready to go into a backbend kickover.
- ✓ Follow it up with a split leap, step and then full turn (add a vertical split if you can).
- ✓ If you want to add more, finish it off with either a roundoff or a back walkover.