



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

GYMNASTICS – WEEK 7

BALANCE EXERCISES

We've been working on conditioning our bodies, so now let's go back to some balance practice. The stronger your core muscles are, the better you can control your movement and finesse your balance.

STRETCHING AND WARM-UP

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, MAY 11

FOCUS: SINGLE LEG BALANCE

Stand on one leg and pick up a small box or ball and get back up to an upright position. Then put it down in a spot a foot away without losing balance, and then stand-up to an upright position. Repeat this ten times.

Repeat this exercise on the other leg. One side will be stronger than the other but fear not, take note of the imbalance, and try to do more exercises on the less dominant side.

Challenge: See how many times you can do the exercise on the left foot, without putting down the right foot, in one-minute. Repeat on the other foot.

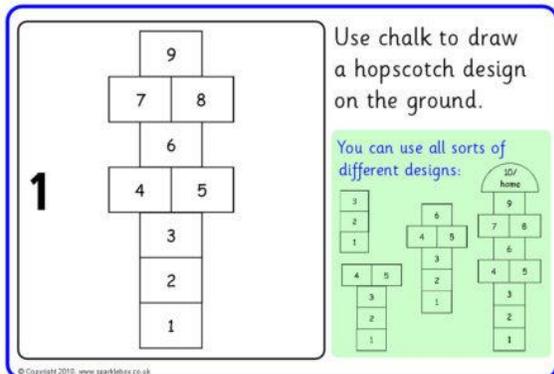
[Improve Your Balance](#)

DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: HOPSCOTCH BALANCE

A simple game with long-balancing benefits. This game works major and minor muscle groups and all you need is pavement, some chalk and a small stone or beanbag.

1. Draw a hopscotch design on the ground. ...
2. Throw a flat stone or similar object (beanbag, button, etc) to land on square one. ...
3. Hop through the squares, skipping the one you have your marker on. ...
4. Pick up the marker on your way back. ...
5. Pass the marker on to the next person.



Here are some different design options to draw the grid.

When you turn around at the top of the hopscotch pattern, do so on the same foot to keep working on your balance.

Alternate using your left foot for round one and the right foot for round two.

DAY OF THE WEEK: WEDNESDAY, MAY 13

FOCUS: REVISITING TURN DRILLS

Now that you have been working on your conditioning and balance, let's revisit one of our previous drills – turn drills – which are important dance elements for beam and floor.

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: THURSDAY, MAY 14

FOCUS: REVISITING THE 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: FRIDAY, MAY 15

FOCUS: FAMILY FUN CARDIO WORKOUT

Who says training isn’t fun for the whole family?

Get your parents, siblings, grandparents, dog and have fun as you strengthen your heart, mind and body with balance, endurance and agility movements.

[Family Fun Cardio Workout](#)



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GYMNASTICS – WEEK 8

FLEXIBILITY

DAY OF THE WEEK: MONDAY, MAY 18

FOCUS: MASTERING THE SIDE SPLIT

Mastering your side and middle splits will help you execute other skills that use that same shape as well. And your splits are easy to practice at home.

The split “shape” is everywhere in gymnastics — split leaps, jumps, switch leaps, in the middle of back walkovers, etc. The better you can do your splits on the ground, the better you will be able to do them in the middle of a skill.

Warming up and stretching is very important so your muscles don’t snap.

[9-Steps to Mastering Your Side Split](#)

DAY OF THE WEEK: TUESDAY, MAY 19

FOCUS: MASTERING A LEG HOLD



This move is used on the beam and floor for routines, but also is a great way to keep working on the side splits, which is the quintessential gymnastics skill.

Keep working on your side splits, and this tutorial will guide you through the stretches and exercises to do a leg hold – be sure to practice it on BOTH LEGS.

[Mastering the Leg Hold](#)

Challenge: Do a scale with your left foot, and then slowly move into a leg-hold without having your left foot touch the ground. Try the same exercise on the right foot.

FUN & CONDITIONING

[34-Minute Kidz Bop Dance Along Video](#)



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DAY OF THE WEEK: WEDNESDAY, MAY 20

FOCUS: REVISITING THE BACKBEND KICKOVER

You'll remember in week two we worked on the backbend and in week six we worked on a backbend kickover, a connecting move to get you 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 running split leap, cartwheel into a backbend kickover.

DAY OF THE WEEK: THURSDAY, MAY 21

FOCUS: MASTERING THE CENTER SPLIT

You've been working hard on your side splits and leg holds, now that your muscles are flexible and limber, let's try to learn the a more advanced split, the center split.



The key to doing a successful split and middle split is practice, practice, practice. Stretch when you're watching your favorite show because the more you slowly stretch your muscles, the easier this will become.

[Middle Splits Tutorial for Beginners](#)

This video teaches you how to do middle splits in 3-easy-steps in one day, giving you the tools to practice each week to master your middle split!

[2:23](#) - The Warmup | [6:30](#) - The Stretches



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DAY OF THE WEEK: FRIDAY, MAY 22

PUTTING IT ALL TOGETHER WITH WEEKS 1-8

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.
- ✓ When you stand up from the backbend kickover, grab your right foot for a leg hold, then switch and do a left foot leg hold.
- ✓ 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.
- ✓ When you land, lower yourself into a side-split and finish with a TA DA!

