

Block Plan
Gymnastics-3rd Grade

<p>Day 1 Warm up: run, stretch, core work, push ups, splits, bridges Skills: Forward roll (TA) & Backward roll (TA) Concepts: Personal-Social: Supporting partner, following class rules & neck safety Activities: Stations/group work: 3 forward rolls – 10 jumping jacks, 3 backward rolls – 10 sit ups</p>	<p>Day 2 Warm up: run, stretch, core work, push ups, splits, bridges Review forward and backward roll Skills: Headstand (TA) & Cartwheel (TA) Concepts: Personal-Social: Supporting partner, following class rules & spatial awareness Activities: Stations/group work: 3 Cartwheels – 10 squat jumps, hold a headstand for 2 seconds – 10 bunny hops</p>
<p>Day 3 Warm up: run, stretch, core work, push ups, splits, bridges Review forward roll, backward roll, headstand and cartwheel Skills: Back bend (TA)& Round off (TA) Concepts: Personal-Social: Supporting partner, following class rules, spatial awareness & team work Activities: Stations/group work: 3 Round offs – 10 bunny hops, 3 back bends – 5 hollow rocks, 5 arch rocks</p>	<p>Day 4 Warm up: run, stretch, core work, splits Review forward roll, backward roll, headstand, cartwheel and round off Skills: Previous days' skills Concepts: Personal-Social: Supporting partner, following class rules, spatial awareness & circuit training Activities: Station 1 – forward roll/backward roll, Station 2 – cartwheel/round off Station 3 – headstand Station 4 – conditioning (2/15 sit ups,2/5 push ups) Station 5 – balance beam work (forward walk, side walk, bunny hop) Station 6 – squat jumps unto stacked mats</p>
<p>Day 5 Warm up: run, stretch, core work, push ups, splits, bridges Review forward roll, backward roll, headstand, cartwheel and round off Skills: Previous days' skills Concepts: Personal-Social: Supporting partner, following class rules & circuit training Activities: Station 1 – forward roll/backward roll, Station 2 – cartwheel/round off Station 3 – headstand Station 4 – conditioning (2/15 sit ups,2/5 push ups) Station 5 – balance beam work (forward walk, side walk, bunny hop) Station 6 – squat jumps unto stacked mats</p>	<p>Day 6 Warm up: run, stretch, core work, push ups, splits, bridges Review forward roll, backward roll, headstand, cartwheel and round off Skills: Previous days' skills Concepts: Personal-Social: Supporting partner, following class rules & circuit training Activities: Station 1 – forward roll/backward roll, Station 2 – cartwheel/round off Station 3 – headstand Station 4 – conditioning (2/15 sit ups,2/5 push ups) Station 5 – balance beam work (forward walk, side walk, bunny hop) Station 6 – squat jumps unto stacked mats</p>