



CPG Academy Lesson Plan

Wild Cats, & Jr. Jaguars

March 3rd to the 15th, 2025

All classes: Demonstrate skills and movement activity at each Station. Watch and Correct Form.

Theme: "Alligator, Alligator, What Do You See?"

Focus on Repetition. It is a key element in learning and maintaining skills

Goal: to practice and help build gymnasts skill set and to progress them further such as: springboard skills, tumbling skills, vault, beam, bar and floor skills

Warm-Up Activity: 1.Week: Swamp Stomp Animal Moves

2nd. Week: Body stretches & toss the ring on the Gator

<u>Wild Cats</u>	<u>Jr. Jaguars</u>
<p>Floor-Have one person demonstrate the obstacle course. A Dive Roll over the Alligator B.Forward Roll or Backward Rolls (w/a spot), C.Cartwheel over the Alligator on the crayon beam, D. Roundoff off the ant logs E.CandleStick & Tabletop Position holds for 5 sec. F(handstands) G. Frog leaps on the adventure strip onto the lily pad.</p> <p>Bars: Uneven Bars: Coach directed : Front Support (3 sec) , 3 cast, roll downs, birdy swings, Rings: free choice</p> <p>High Bar : Pike holds/tuck holds (3 sec) 3 or 5 Straight swings, jump back gym stretch</p> <p>Parallel Bars: Ant walks across</p> <p>Beam, (straddle jump dismount)1. Cartwheel drill (hands on frogs and kick over the crayon beam) 2: V-Sit on the Crayon Beam 3. Hops over the frogs ,4. Alligator Crawls across the Beam, 5. Knee Scale on the beam, 6.Releve walks up the incline crayon beam</p> <p>Vault: Yellow: donkey kicks up the stairs to the tripod (Blocks), straddle jump dismount Purple: Turtle hopscotch Red: Leap jumps onto the firefly logs Orange:2 feet jump onto springboard, roundoff off the block, Blue: 2 feet jump on and off the crayon beam</p> <p>Trampoline/pit Review basic jumps over the snake.Pit: Alligator races across the pit</p>	<p>Floor Obstacle course/ same as preschool Add on: Cartwheel on the floor Beam and Lunge Kick Up Drill , B: do the 5 step Cartwheel patten (lunge,kick, reach, cartwheel, lunge), F Bridge position and bridge kick over drill (using small wedge mat)</p> <p>Uneven Bars- Review skills learned: Front support, 3 cast, roll downs, under swings, kick pullovers</p> <p>Rings: glide swings (slider and small barrell)</p> <p>Parallel Bars: Same as Wild Cats & Add on: Pike holds,swings and straddle swing throughs</p> <p>High Bar- COACH SPOTTING STATION - 5 sec. Pike Holds, Toes touch to Bar, 5 Straight Swings ,Jump Half Turn, Gym Stretch (work on re-grips), Bunny hop Swings</p> <p>Beam-Same as the Wild Cats, Place a focus on Proper Form & Body Position, Add on: cartwheel /lunge kick up on beam #7, at #6 Passé walks Big Beam- Independent mount, Front Kicks/Back Kick Walks, Arabesques holds on the butterfly for 3 Sec., and jump half turn dismount,</p> <p>Vault- Same as wild cats , Watch and correct form and positions, & dismounts, work on Hurdle drill Add on: split jump at yellow, Leap jump to scale holds at Red, 1 foot to two feet jump and round off the block at orange,</p> <p>Trampoline – Straddle, Split Jump, Jump half turn, Seat Drops(positioning the body forward towards the Loft and back towards the wall),5 of each</p> <p>Pit:Pike, Straddle Jumps, Forward Rolls/flip (using a block under their chin & Backward Rolls & free falls into the pit:</p> <p>Tumble Track: Combination Jumps: Straight/Tuck jump, Straddle/Split Jump, Dive Roll off onto the pillow</p>

Jr.Jags: Beam, Vault, Trampoline, Floor, Bars

Wild Cats: Trampoline, Bars, Floor, Beam, Vault



March 3rd, 2025

Welcome to the 8th week of the 3rd Session and **1st Week of the 4th Session of our Fourth Session**

Dear Staff,

Theme for the weeks March 3rd to the 15th, 2025 :

"Alligator, Alligator ,What Do You See"?

SPECIAL REMINDERS: Please Mark Your Calendars

1. No Ms. Jacqueline Monday, March 3rd or March 14th.

Jr.Jags: Beam, Vault, Trampoline, Floor, Bars

Wild Cats: Trampoline, Bars, Floor, Beam, Vault



No Annie Thursday, Saturday and Tuesday and Thursday, Saturday the week of March 10th.

2. You will receive your class **Progress Report Card** on **March 17th**. **Progress Reports Card** need to be completed by **April 5th**
Distribution of the Progress Reports the week of **April 7th, 2025**
3. **CPG Showcase “ CPG Rodeo”** May 15 to the May 17th
Dance to “ You Got A Friend In Me”
Ms. Jacqui is working on the dance for the showcase.

Directions to the following Skills/Drills:

Chin Pike Pull-Over on the Bar: Chin up on the Low bar, kick right leg back to get power to kick both legs up into a candle stick position, pull body over the bar then pull up to a front support on the low bar (remind the student to bring shoulders and head up to a straight position). Roll down, Gym Stretch

Hip Casting: Jump to front support, Body bend right before the beltline, Kick heels backward, then arch, jump back, Gym Stretch

Straddle Swings/Toe -Toucher Under Swings (uneven Bars): Hands on High bar, swing legs/toes to low bar, now both feet at the same time swing out in a pike position under the bar, landing on 2 feet in a “S” Position/**Under swing:** Hands on Bar, Legs swing out under the bar in a pike position to a landing position (Gym Stretch)

Thank You for the Joy, Laughter and Helping Hand you give to CPG Academy Students and Staff,
Ms. Jacqui, Director of the CPG Academy

CPG Academy Lesson Plan Tiger Cubs (You & Me) March 3rd to the 15th, 2025

THEME: “Alligator, Alligator ,What Do You See”?

Life Skills: Social Interaction with their peers, Body Awareness, Spacial Awareness & Waiting, Listening and Following Directions

Focus Skills: Gym Stretch (TADA),Two Feet Jump, Open/CloseJumps, Birdy Swings, Possum, Belly jump ups(peek-a-boo), **Forward Roll over the Bar**, Balance and Hand/Eye Coordination,and **Grip Control**.

Warm Up Activity: **Review** the basics **Gymnastics Positions**,(Butterfly, Pike, V-Sit, Table Top, Squat, Straddle, Peanut Butter and Jelly Positions and Stick It Stretch It)

Jr.Jags: Beam, Vault, Trampoline, Floor, Bars

Wild Cats: Trampoline, Bars, Floor, Beam, Vault



Music: *Pass the Bean Bag*

Game: *Toss the ring on the Gator*

Stations:

Bars: Work on Belly Jumps(Peek a Boo), Birdy Swings(Hands in the middle of the bar, feet on the outside),**Song:** Tweet, Tweet, Tweet) & Possum Holds(**Song:** one hand under, one hand over kick your feet up and cross them over, let's hold 1,2,3,

Uneven Forward Roll over the Bar, (using a wedge mat)

High Bars (place mat under the Bar) 3 Straight Swings(support at waist or under the armpits) , jump down , Gym Stretch

Rings: Swing and knock down the Gator

Floor: Follow the Shapes at the Tiger Cub's Zone ,Floor Stations (Self Explanatory)

Focus on: forward rolls, baby handstands, & 2 feet jumps, beginning cartwheels

Beam: Spotting method: (place hands under the child's armpits). Follow the same beam set up as the other classes, but modify to fit the students developmental abilities.

Focus on: transferring, balancing on the beam, walking one foot in front of the other, kicks, step together step,and hops,with assistance and a TADA Gym Stretch

Vault: Walk up the steps onto the block, run down the wedge mat, Open/close jumps on the Hopscotch mat, 3 jumps on mini trampoline, jump onto block, roll down wedge mat

Trampoline/Pit: Teach safety positions: (getting on/off) stoping (Freeze (Stick It, TADA Position) Straight Jumps (rocket jumps),Star Jumps(open/close the legs arms)

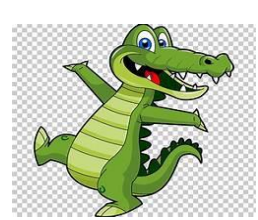
Tumbi Trak: last activity of the class - 2 feet jumps over the Frogs

Song: Jumpy, Jumpy, Jumpy, Bean, Jump, Jumpy Bean!

End of Class: Each Student receives a sticker,treat and a friendly farewell!

Jr.Jags: Beam, Vault, Trampoline, Floor, Bars

Wild Cats: Trampoline, Bars, Floor, Beam, Vault



Jr. Jags: Beam, Vault, Trampoline, Floor, Bars
Wild Cats: Trampoline, Bars, Floor, Beam, Vault