

# Rec beginners

Ages 6–9

60 minutes

4 stations

No theme needed

**Lesson objective:** Clean reps of the forward roll and cartwheel, backed by straight-jump landings and beam walks, at four scaled stations.

## EQUIPMENT & SETUP

Wedge mat, a floor line in tape, wall space, low beam, and mats at every station.

## THE SHAPES THAT MATTER

Hollow and arch holds in the warm-up underpin almost every skill that follows. Hold them 5 to 10 seconds at this level, building longer as the gymnasts get stronger.

| BLOCK     | TIME   | WHAT HAPPENS                                                                                            | COACH CUE                                                     |
|-----------|--------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Warm-up   | 10 min | A tag game to raise the heart rate, then dynamic stretches and hollow and arch shape holds on the floor | Fixed routine — don't reinvent it weekly                      |
| Station 1 | 6 min  | Forward roll with a wedge for downhill help                                                             | Chin to chest, push through the hands, stand up without hands |
| Station 2 | 6 min  | Cartwheel along the floor line or against a wall                                                        | Strong arms, kick the legs over one at a time                 |
| Station 3 | 6 min  | Straight jump with a 180-degree turn                                                                    | Stick the landing on two feet                                 |
| Station 4 | 6 min  | Beam tip-toe walk                                                                                       | Arms in a T, eyes forward, one foot in front of the other     |
| Apply     | 8 min  | A relay or side-by-side obstacle course that strings the four skills together under a little pressure   | Pace it so every child gets several runs                      |
| Cool-down | 5 min  | Pike and straddle stretches on the floor                                                                | Recap the one cue to remember for next week                   |

## Scale down

Forward roll assisted downhill on the wedge; cartwheel against the wall.

## Scale up

Dive roll on the flat; cartwheel along the line, then on a low beam.

## Play the long game

The forward roll and cartwheel take several weeks to clean up. That is the point of planning a term, not a one-off class.