

LESSON 68

Facilities: Indoors: Multipurpose room; Outdoors: Grass

Equipment Needed: Signal; PST; Use mats in the multipurpose room or carpet samples out on the grass

Introductory Activity: Jumping Jack Club of America—40 in succession

Flexibility: Safe stretches

Muscular Endurance: Modified push-ups

Lesson Theme(s): Forward and backward roll variations

Activity Description: Review the rolls introduced in the last lesson: Forward roll to single leg squat and pike to squat; Backward roll from squat to knees and to squat.

Introduce the following forward roll variations:

No-hand forward roll from a lunge position to a single leg squat. Assume a good lunge position. Lean the torso forward onto the thigh of the front leg with the arms extended to the side. Slowly shift the weight forward and, as you begin to lose your balance, tuck the chin to the chest and roll over, landing first on the back of the head, neck and shoulders.

Forward roll from straddle to long sitting. Keep the legs straight and the toes pointed throughout the roll. Bring the legs together into a V-sit before lowering them to the long sitting position.

Introduce the following backward roll variations:

Backward roll from straddle to knees. Reach back between the legs with the hands and, as you sit down, allow the hands to stay in contact with the mat. Keep the legs straight in the straddle until after the “push”. At that point, flex the hips and knees for the landing.

Backward roll from straddle to squat. Same as above, except land on the feet in a squat, rather than on the knees.

LESSON 69

Facilities: Indoors: Multipurpose room; Outdoors: Grass

Equipment Needed: Signal; PST; Use mats in the multipurpose room or carpet samples out on the grass

Introductory Activity: Jumping Jack Club of America—50 in succession

Flexibility: Safe stretches

Muscular Endurance: Sit-ups

Aerobics: (11 minutes) Free Style—Students Lead

Lesson Theme(s): Inverted supports; Forward and backward roll variations

Activity Description: Review the tri-pod and headstand

Introduce a headstand forward roll. Have the children work in pairs. Student A attempts a headstand as Student B “spots”. The spotter has the responsibility of standing to one side of Student A and holding one of Student A’s legs with both hands, right above the knee, so that he/she doesn’t flop over. The spotter can also lift up on the leg to help take the pressure off of Student A’s neck as he/she pulls the chin toward the chest to roll out of the headstand. Student A can finish in a squat or a single-leg squat.

Review the rolls learned in the last lesson: No-hand forward roll to single leg squat; Forward roll from straddle to long sitting; Backward roll from straddle to knees and to squat

Introduce a forward roll from straddle to squat. Keep the legs straight and straddled until you reach the V-sit. Then, bring the legs together, bend the knees and shift the weight forward onto the feet into a squat.

Introduce the following backward roll variations:

Backward roll from straddle to straddle. Performed just like straddle to squat, but keep the legs straight and straddled with the toes pointed throughout the roll.

Backward roll from straddle to pike. After the “push”, bring the legs together, keep them straight and together on the landing and walk the hands in toward the feet until you are able to stand.

LESSON 70

Facilities: Indoors: Multipurpose room; Outdoor: Grass

Equipment Needed: Signal; PST; Use mats in the multipurpose room or carpet samples out on the grass

Introductory Activity: Jumping Jack Club of America—60 in succession

Flexibility: Safe stretches

Muscular Endurance: Modified push-ups

Aerobics: (12 minutes) Free Style—Students Lead

Lesson Theme(s): Forward and backward roll variations; Inverted supports

Activity Description: Introduce the following forward roll variation:

Forward roll from straddle to straddle. This may well be the hardest of all forward rolls despite the fact that you get to place your hands on the mat twice, instead of once. In fact, you need your hands to help you complete this roll. Just as you reach a straddled V-sit, reach your hands in between your legs, as close to your body as possible, place them on the mat and lean forward. Keep leaning forward and walking the hands forward until you are once again on your feet in a straddle.

Introduce the following backward roll variations:

Backward roll from pike to knees. From a pike position, fall backward, keeping the legs straight and the hands in contact with the mat on either side of the body. Roll backward, push on the hands, bend the knees, pull them toward the chest and land on them.

Backward roll from pike to squat. Same as above, but land on the feet in a squat

Introduce a swing-up switch-leg. From a standing lay-out position, step forward on one foot, bend the torso forward and allow the hands to contact the mat slightly ahead of the front foot. Kick a straight back leg into the air followed by the front leg and land on the feet in that same order. (*Example: Kick the right, followed by the left; Land on the right, followed by the left.*) Emphasize keeping the arms straight.

Spot those children who can swing-up to a handstand in a handstand forward roll. Spot exactly the same as for a headstand forward roll. From the handstand, the child should lean slightly forward, bend their arms, tuck their chin and roll out, landing first on the back of the head, neck and shoulders in a pike position and rolling through to a single-leg squat.

LESSON 71

Facilities: Indoors: Multipurpose room; Outdoors: Grass

Equipment Needed: Signal; PST; Use mats in the multipurpose room or carpet samples out on the grass

Introductory Activity: Jumping Jack Club of America—70 in succession

Flexibility: Safe stretches

Muscular Endurance: Sit-ups

Lesson Theme(s): Inverted supports; Forward and backward roll variations; Transitional supports.

Activity Description: Review the tip-up, tri-pod, headstand forward roll, swing-up, and handstand forward roll for those who want to try it.

Introduce the following backward roll variations:

Backward roll from pike to straddle. After the “push”, separate the legs, keep them straight and land on the feet in a standing straddle

Backward roll from pike to pike. Keep the legs straight throughout the roll

Introduce the following transitional support:

Cartwheel. A cartwheel is a sideward movement that starts in a lay-out position with all the weight on one foot and the other leg extended sideward. Step onto the free leg with a deep knee bend, touch the ground with the closest hand, kick the other leg and touch the ground with the other hand (*arms straight throughout*). Land first with one foot and then with the other. The timing is: hand . . . hand . . . foot . . . foot. The hips should not be bent. They should be directly in line with the shoulders. The legs should be straight with the toes pointed while in the air.

Those children who are not yet ready for cartwheels should be encouraged to practice inverted supports or the forward and backward roll variations of their choice. Those who are close to success need to be assisted or spotted. Those children who can do cartwheels should be encouraged to try one-handed cartwheels with the near arm and then the far arm.

LESSON 72

Facilities: Indoors: Multipurpose room; Outdoors: Grass

Equipment Needed: Signal; PST; Use mats in the multipurpose room or carpet samples out on the grass

Introductory Activity: Jumping Jack Club of America—80 in succession

Flexibility: Safe stretches

Muscular Endurance: Modified push-ups

Aerobics: (12 minutes) Free Style—Students Lead

Lesson Theme(s): Forward and backward roll variations (*Review*)

Activity Description: Review as many of the forward and backward roll variations introduced during the tumbling unit as time permits:

Forward Rolls

Forward roll, squat to long sitting

Forward roll, squat to squat

Forward roll to single-leg squat

Forward roll, pike to squat

No-hand forward roll from lunge position to a single-leg squat

Forward roll from straddle to:

long sitting

squat

straddle

Headstand forward roll

Handstand forward roll

Backward Rolls

Backward roll, squat to knees

Backward roll, squat to squat

Backward roll from straddle to:

knees

squat

straddle

pike

Backward roll from pike to:

knees

squat

straddle

pike

LESSON 73

Facilities: Indoors: Multipurpose room; Outdoors: Grass

Equipment Needed: Signal; PST; Use mats in the multipurpose room or carpet samples out on the grass

Introductory Activity: Jumping Jack Club of America—90 in succession

Flexibility: Safe stretches

Muscular Endurance: Sit-ups

Lesson Theme(s): Creating a tumbling routine

Activity Description:

- Yesterday we reviewed all of the forward and backward roll variations you have learned in this unit. In addition to the rolls, you have learned tip-ups, tri-pods, headstands, swing-ups, handstands, and cartwheels.
- Today I would like you to choose five different skills that you have learned in this unit and put them together in a routine that moves smoothly from one skill to the next. Be sure to choose five skills that you can perform well.
- Tomorrow we are going to have a “Tumbling Show” and you will have an opportunity to show your routine to your classmates. If you don’t get finished with your routine today, practice at home after school.
- Raise your hand if you think you can show everyone what a tumbling routine would look like with five skills in it. *(Choose someone to demonstrate that you believe understands what to do and someone who is capable of doing it.)*

(Once the children understand the assignment, allow them to practice until the end of class.)

LESSON 74

Facilities: Indoors: Multipurpose room; Outdoors: Grass

Equipment Needed: Signal; PST; Use mats in the multipurpose room or carpet samples out on the grass

Introductory Activity: Jumping Jack Club of America—100

Award certificates to those who earned them and encourage them to applaud for each other.

Flexibility: Safe stretches

Muscular Endurance: Modified push-ups

Aerobics: (12 minutes) Free Style—Students Lead

Lesson Theme(s): Tumbling Show—performance of tumbling routines

Activity Description: (*Ask the children to sit in a designated location and talk about what it means to be a good audience.*)

- A good audience shows respect to the performer by not talking or making distracting noises of any kind during the performance.
- A good audience always claps at the end of a performance.

(Have the children perform three at a time and continue to reinforce good audience behavior. Do not force anyone to perform who is not ready or who doesn't want to.)

OFFICIAL MEMBER



Jumping Jack Club of America

