

GYMNASTICS LESSON PLAN TEMPLATE

	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2 Upper body card game	3
Core	5 Lower body Dice Roll Game	6 Private Lesson 6:00pm	7 Upper body Dice Roll Game	8 Social media post	9 Core	10
Lower body card game	12 Upper body	13 Reevaluate lesson plans	14 Core	15	16 Lower body Leotard Deadline	17
Upper body	19 Core Dice Roll Game	20 Social media post	21 Lower body	22	23 Upper body	24 Private Lesson 2:00pm
Core	26 Lower body	27	28 Upper body	29 Team bonding night	30 Core	31 Social media post

TO DO:

- look at warm up jackets
- brainstorm new drills for lift on yurchenko
- set up parent meeting for Angie
- send out parent newsletter
- finish coaching development
- book hotel for first meet
- cut Maria's floor music

Recreational Gymnastics Lesson Plans

J Dewey



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