

Head Instructor's Training Sheet

Month: 1

Beginner Advance

Foundation:

Ensuring the chin is down, athletes are never landing on their head, hands on the floor, arms up at ears.

Week: 1

Supplies

2 red blocks or panel mats,
cartwheel mat

Cartwheel

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
<p>Class Opening</p> <p>WarmUp/ Module</p>		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk ○ Butt Kickers 	<p>15 Minutes Total</p>	<p>Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect</p> <p>How was your weekend? Are you excited for.... (back to school, the weekend, Halloween)</p> <p>Very little corrections are made in this module...only behavior issues.</p>
<p>Stations Module</p>		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ● Mat hop overs ● Hand Stand Push ups ● One Leg Mat Hop overs ● 360 jump squats. ● Cartwheel Mat or cartwheel thru 2 red blocks to get legs up. ● Forward Roll to Hollow Hold 	<p>20 Minutes Total</p>	<p>Lots of high 5s, good jobs, and corrections.</p> <p>Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!</p>
<p>Group Module</p>		<p>Group conditioning: Relay race, down and around a cone on a purple 4 wheel cart, students must sit the first time, and laydown the second time (if time allows)</p>	<p>5 Minutes Total</p>	<p>Keep this FUN ...cheer on the groups and keep it fun and exciting.</p>

Class Closing		<input type="checkbox"/> Use this time to go over any special news, things to do at home ect.	1 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!
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Head Instructor's Training Sheet

Month: _1_

Beginner Advanced

Foundation
Ensuring chin is tucked in, hands are right next to the ears and arms are locked.

Week: _2_

Supplies
Wedge, , 2 red blocks, hula hoop and 6 frisbees

Bridge Backs

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk ○ Butt Kickers 	15 Minutes Total	<p>“Who thinks that they have awesome training here at FUSION? Let’s get some energy going! Who’s ready to learn a great way to show your gratitude to your classmates? This is an OVATION!”</p> <p>Teach the OVATION – 2 claps and then “YOU ROCK”</p>
Stations Module		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Walking hands down a wall/mat ◆ Bridge up with hands on red block ◆ Bridge Marches (laying on their back, feet flat on the floor, push hips up, so the butt is lifted off the floor, then lift right foot, then left foot) ◆ Jumping jacks in Hula Hoop ◆ Bridge up with hands on red block ◆ Swat Jumps 	20 Minutes Total	<p>Lots of high 5s, good jobs, and corrections.</p> <p>Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I’m proud of you!</p>

Group Module		Group conditioning: Pass the Frisbee Pairing up athletes similar in size, have them sit feet to feet, laying on their back, doing sit up they pass the Frisbee back and forth	5 Minutes Total	Keep this FUN ...cheer on the groups and keep it fun and exciting.
Class Closing		<input type="checkbox"/> Use this time to go over any special news, things to do at home ect.	1 Minute	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: _1_	Beginner Advance	Foundation Ensuring proper head and hand placement.
Week: 3	Supplies: 2 Red blocks, wedge or mat to bridge down 2cones	
Review Cartwheels & Bridge backs		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect</p> <p>How was your weekend? Are you excited for.... (back to school, the weekend, Halloween)</p> <p>Very little corrections are made in this module...only behavior issues</p>
Stations Module		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Cartwheel w hands on Panel Mat ◆ Frog Jumps up to panel mat ◆ Bridge walk down mat ◆ Crab walk to cones ◆ Bridge up raise leg ◆ Burpees 	20 Minutes Total	<p>Lots of high 5s, good jobs, and corrections.</p> <p>Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!</p>

Group Module		<p>Group Review :</p> <p>Everyone in an area where they can safely do a Bridge Back and Cartwheel without running into equipment, other athletes or classes.</p> <p>Reviewing both slowly and making corrections.</p>	9 Minutes Total	<p>Today we are going to review our Cartwheels . Who remembers the starting position in a cartwheel? Show me! Hands by ears, lunge position Let’s review bridge back... where are your hands, where is your head?</p>
Class Closing		<input type="checkbox"/> Recap – Debrief <input type="checkbox"/> <input type="checkbox"/> Make Announcements <input type="checkbox"/>	1 Minute	<p>All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!</p>

Head Instructor’s Training Sheet

Month: _1_	Beginner Advance	Foundation Proper hand and head placement
Week: _4_	Supplies: Wedge, Red Block, 2 Cones	
Test CW and BB		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	<p>Who thinks that they have awesome training here at FUSION? Let’s get some energy going! Who’s ready to learn a great way to show your gratitude to your classmates? This is an OVATION!”</p> <p>Teach the OVATION – 2 claps and then “YOU ROCK”</p>
Station Module		<p>Review stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Cartwheels w hands on block ◆ Cartwheel on the floor – TEST ◆ Side to Side Line Hops ◆ Bridge back down wall ◆ Bridge Back on the floor –TEST ◆ Inch Worms between cones 	20 Minutes Total	<p>We’re gonna test on your skills progress so far!!This is a great way to help us know where you are at in the level. It also helps to build our skills and drills– now explain it...</p> <p>Anyone completing the skill with correct function and</p>

				form can sign the wall!
Group Module		<input type="checkbox"/> End this class with a game of Simon Says.... Using conditioning skills: Planks, squats, sit ups, push ups, jog in place, jumping jacks, crab walk, inch worm	10 Minutes Total	Keep this fun and fast pace, as some kids may be sad that they did not get to sign the wall in the test above.
Closing		<input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/>	5 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: 2

Week: 1

Handstand FR

Beginner Advance

Supplies:
Wedge, 2 panel mat, red block, wedge, hula hoop

Foundation
Proper hand and head placement

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/Stretching Module		<ul style="list-style-type: none"> ◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect How was your weekend? Are you excited for.... (back to school, the weekend, Halloween) Very little corrections are made in this module...only behavior issues

Station Module		6 Stations / 2 mins at each station ♦ Handstand against wall push ups ♦ Plank walk around panel mat ♦ Handstand FR on Wedge ♦ Laying Toe Touch (lay on back, feet up, reach up to touch toes) ♦ Handstand FR on Mat ♦ Side to side Hops in Hula Hoop	20 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Panel Mat Races! Split class into 2 groups. Each team lines up in a straight line. One at a time, pushing the panel mat to one end of the floor, flipping it over and pushing it back.	10 Minutes Total	Keep this fun and fast pace cheering on both teams!!!
Closing		<input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/>	5 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: 2

Week: 2

Round off

Beginner Advance

Supplies:
4 red blocks, 2 cones

Foundation
 Proper hand and feet placement while protecting the head and neck

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		♦ Students Run 5 laps ♦ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ♦ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	Who thinks that they have awesome training here at FUSION? Let's get some energy going! Who's ready to learn a great way to show your gratitude to your classmates? This is an OVATION!" Teach the OVATION – 2 claps and then "YOU ROCK"

Station Module		Stations/ 2 mins at each station ♦ Mat Hop Overs ♦ Plank walk between cones ♦ Handstand Snapdowns ♦ Diagonal Hopping(make and X) ♦ Round Drill w 3 mats -- ♦ Handstand Blocks on floor	20 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Plank over and unders. Pair athletes up, One planks, the other jumps over and goes under and repeats for 1 min. Then they switch. Repeat 3 times.	10 Minutes Total	Keep this fun and fast pace, encouraging all groups. WOW look at your hard work paying off, WOW you are really getting good at this.
Closing		<input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/>	5 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: 2-	Beginner Advance	Foundation Ensuring proper head and hand placement, while protecting the neck and head
Week: 3	Supplies: Wedge, agility ladder, red block, hula hoop	
Review Handstand FR & Round offs		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		♦ Students Run 5 laps ♦ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ♦ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect How was your weekend? Are you excited for... (back to school, the weekend, Halloween) Very little corrections are made in this module...only behavior issues

Stations Module		6 stations/ 2 mins at each station ◆ Round Drill w 3 mats -- ◆ Crab Walks between Cones ◆ Handstand Snap Downs ◆ Step Squats between cones ◆ Hand Stand FR on Wedge ◆ Frisbee Pulls	20 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming next week. Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Group Review : Everyone in an area where they can safely do a hand stand forward rolls and round offs without running into equipment, other athletes or classes. Reviewing both handstands forward rolls and round off slowly and making corrections.	9 Minutes Total	Today we are going to review our Hand Stands forward rolls. Who remembers the starting position in a handstand? Show me! Arms by ears, lunge with feet facing forward.. Let's review Round Off ...show me the correct hand placement, what needs to push up?!
Class Closing		<input type="checkbox"/> Recap – Debrief <input type="checkbox"/> <input type="checkbox"/> Make Announcements <input type="checkbox"/>	1 Minute	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: _2_	Beginner Advance	Foundation Proper hand and head placement while protecting the neck and head
Week: _4_	Supplies: Wedge, 3 Red Block, 4 Cones	
Test handstand forward roll & round off		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	Who thinks that they have awesome training here at FUSION? Let's get some energy going! Who's ready to learn a great way to show your gratitude to your classmates? This is an OVATION!" Teach the OVATION – 2 claps and then "YOU ROCK"

Station Module		Review stations/ 2 mins at each station ♦ Hand Stands against wall push up ♦ Hand Stand forward roll on Floor – TEST ♦ Frog Jumps between cones ♦ Round off w 3 mats -- ♦ Inch Worms between cones ♦ Round off on Floor- TEST	20 Minutes Total	We're gonna test on your skills progress so far!! This is a great way to help us know where you are at in the level. It also helps to build our skills and drills– now explain it... Anyone completing the skill with correct function and form mark off their card
Group Module		<input type="checkbox"/> End this class with wheel barrow races. Pair athletes of similar sizes and they race down and back in a human wheel barrow, then switch and repeat.	10 Minutes Total	Keep this fun and fast pace, as some kids may be sad that they did not get to sign the wall in the test above.
Closing		<input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/>	5 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: _3_	Beginner Advance	<u>Foundation</u> Ensuring proper head and hand placement.
Week: 1	Supplies: Cartwheel mat, panel mat, 2 cones, hula hoop, wedge, red block	
Review Bridgeback & Cartwheel		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		♦ Students Run 5 laps ♦ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ♦ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect How was your weekend? Are you excited for: (back to school, the weekend, Halloween) Very little corrections are made in this module...only behavior issues

Stations Module		6 stations/ 2 mins at each station ♦ Cartwheel Mat ♦ Frog Jumps up to panel mat ♦ Bridge walk between cones ♦ Jumping Jacks In Hoop ♦ Bridge back walk down wall ♦ Cartwheel over red block	20 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming up in a few weeks! Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Group Review : Everyone in an area where they can safely do a Cartwheel and Bridge Back without running into equipment, other athletes or classes. Reviewing both slowly and making corrections.	9 Minutes Total	Today we are going to review our Cartwheels . Who remembers the starting position? Show me! Hands by ears, feet facing forward .. Let's review Bridgeback... arms by ears... arms back first..not head.
Class Closing		<input type="checkbox"/> Recap – Debrief <input type="checkbox"/> <input type="checkbox"/> Make Announcements <input type="checkbox"/>	1 Minute	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: _3-	Beginner Advance	Foundation Ensuring proper head and hand placement, while protecting the neck and head
Week: 2	Supplies: 3 red blocks, 2 cones, hula hoop, wedge	
Review Round Offs & Handstand FR		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		♦ Students Run 5 laps ♦ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ♦ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	Most important thing about this module is engaging with our students. Asking about their days, school, hobbies ect How was your weekend? Are you excited for.... (back to school, the weekend, Halloween) Very little corrections are made in this module...only behavior issues

Stations Module		6 stations/ 2 mins at each station ◆ RO w 3 mats -- ◆ Bunny Hops between cones ◆ Handstand blocks on floor ◆ Plank walk around hula hoop ◆ Handstand FR on Wedge. ◆ RO over panel mat in a ^ shape	20 Minutes Total	Lots of high 5s, good jobs, and corrections. Very important to pre-frame the skills test coming next week. Keep practicing...you guys are starting to look superb! I'm proud of you!
Group Module		Group Review : Everyone in an area where they can safely do a round off and handstand forward roll without running into equipment, other athletes or classes. Reviewing both handstand and bridge up slowly and making corrections.	9 Minutes Total	Today we are going to review our Hand Stands forward rolls . Who remembers the starting position in a handstand? Show me! Arms by ears, lunge with feet facing forward.. Let's review Round offs ...show me the correct hand placement, what needs to happen with your legs?
Class Closing		<input type="checkbox"/> Recap – Debrief <input type="checkbox"/> <input type="checkbox"/> Make Announcements <input type="checkbox"/>	1 Minute	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: _3_	Beginner Advance	Foundation Proper hand and head placement while protecting the neck and head
Week: _3_	Supplies: 2 Wedges ,3 Red Blocks, 2 panel mats	
Blast thru handstand FR and Round offs		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		◆ Students Run 5 laps ◆ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ◆ Line Work <ul style="list-style-type: none"> ○ High Knees ○ Frankenstein Walk ○ Prison Walk 	15 Minutes Total	Who thinks that they have awesome training here at FUSION? Let's get some energy going! Who's ready to learn a great way to show your gratitude to your classmates? This is an OVATION!" Teach the OVATION – 2 claps and then "YOU ROCK"

Station Module		Review stations/ 2 mins at each station ♦ Hand Stand Forward Rolls down the wedge ♦ RO Drill w 3 mats -- ♦ Handstand Push ups against wall ♦ Round off over panel mat ^ ♦ Handstand snap downs ♦ Crunches	20 Minutes Total	We're gonna review on your skills progress so far!!This is a great way to help us know where you are at in the level. It also helps to build our skills and drills– now explain it... Anyone completing the skill with correct function and form mark off their card
Group Module		<input type="checkbox"/> Bunny Hop Races. Split class in 2 groups. Each person will bunny hop down the floor, to a star, and back to tag the next person. Once an athlete goes, they sit down in line. The first team to all be sitting is the winner. Repeat using different skills... backwards hop, wheel chairs, pike slides.	10 Minutes Total	Keep this fun and fast pace!!! Cheering on all teams!
Closing		<input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/>	5 Minutes	All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!

Head Instructor's Training Sheet

Month: _3_	Beginner Advance	<u>Foundation</u> Proper hand and head placement while protecting the neck and head
Week: _4_	Supplies: 4 cones	
Test: Bridge back, Cartwheel, Round off, Handstnad forward roll		

Procedure	Instructor	Detail/Drills	Time Line	Extra Notes
Class Opening WarmUp/ Stretching Module		♦ Students Run 5 laps ♦ Roll out joints <ul style="list-style-type: none"> ○ Ankles ○ Knees ○ Hips ○ Shoulders ○ Elbows ○ Neck ○ Wrist ♦ Line Work <ul style="list-style-type: none"> ○ High Knees 	15 Minutes Total	Who thinks that they have awesome training here at FUSION? Let's get some energy going! Who's ready to learn a great way to show your gratitude to your classmates? This is an OVATION!" Teach the OVATION – 2 claps and then "YOU ROCK"

		<ul style="list-style-type: none"> ○ Frankenstein Walk ○ Prison Walk 		
Station Module		<p>6 stations/ 2 mins at each station</p> <ul style="list-style-type: none"> ◆ Hand Stands Forward Rolls on Floor – TEST ◆ Frog Jumps between cones ◆ Bridge back on floor- TEST ◆ Inch Worms between cones ◆ Cartwheels on the Floor- Test ◆ Round Offs on the Floor – Test 	20 Minutes Total	<p>We're gonna test on your skills progress so far!!This is a great way to help us know where you are at in the level. It also helps to build our skills and drills– now explain it...</p> <p>Anyone completing the skill with correct function and form mark off their card</p>
Group Module		<p>Game; Crab Walk Tag. Everyone moves about the floor like a crab... one person is it and try's to tag someone. If they get tagged, they are it.</p>	10 Minutes Total	<p>Keep this fun and fast pace, as some kids may be sad that they did not get to sign the wall in the test above.</p>
Closing		<ul style="list-style-type: none"> <input type="checkbox"/> . Recap – Debrief <input type="checkbox"/> Make Announcements <input type="checkbox"/> 	5 Minutes	<p>All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!</p>