

Head Instructor's Training Sheet

Month: 1

Level 1

Week: 1

Supplies

2 panel mats, wedge and 2 cones

Limbers

Foundation:

Maintaining good form, blocking thru the shoulders, locking out arms, keeping arm close to ears.

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"> ○ Dive rolls ○ Handstands ○ Cart Wheels ○ Round Offs ○ Handstand FR ○ Backward Rolls 	<p>13 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? How is 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/ 3 mins at each station</p> <ul style="list-style-type: none"> ◆ Front limber over panel mat ◆ Handstand Holds ◆ Bridge walk down/up wall ◆ Back limbers using panel mat ◆ Bridge Walks between cones ◆ Sit ups 	<p>15 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</p> <p>Lets go to the zoo:</p> <p>Frog Jumps</p> <p>Bear Crawls</p> <p>Crab Walks</p> <p>Inch worms</p>	<p>13 Minutes Total</p>	<p>Keep this FUN ... maybe sign a song or say a chant or talking about an upcoming event or holiday.</p>
<p>Class Closing</p>		<p>➤ Use this time to go over any special news, things to do at home ect.</p>	<p>1 Minute</p>	<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

Level 1 Tumbling

Foundation

Maintaining good form, blocking
thru the shoulders, locking out arms,
keeping arm close to ears.

Week: 2

Supplies
2 panel mats, 3 red
blocks

Power Hurdle RO

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"> ○ Dive Rolls ○ Handstands ○ Cart Wheels ○ RO ○ Handstand FR ○ Back Rolls 	13 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"> ◆ RO with hands on Panel mat (rebound) ◆ Handstand Hops onto panel mat ◆ Power Hurdle Lunge ◆ Handstand shoulder touch ◆ Jump squats ◆ Power Hurdle Round off using 3 red block 	15 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>Crab Soccer:</p> <p>Split group in 2 teams, using 4 cones to make goals, athletes get in a crab position and only using their feet, try to get the ball in the goal</p>	13 Minutes Total	<p>Keep this FUN ...cheer on the groups and keep it fun and exciting.</p>
Class Closing		<p>➤ Use this time to go over any special news, things to do at home ect.</p>	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

Foundation

Maintaining good form, blocking
thru the shoulders, locking out arms,

Month: 1

Level 1 Tumbling

Week: 3

Supplies
2 panel mats, wedge
and 3 red blocks

Review Limber/PH RO

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">○ Dive Rolls○ Handstands○ Cart Wheels○ RO○ Handstand FR○ Back Rolls	13 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">◆ RO with hands on Panel mat (rebound)◆ Front limber over panel mat◆ Power Hurdle Lunge◆ Bridge walk down/up wall◆ Power Hurdle Round off using 3 red block	15 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>Dice Conditioning: Roll the dice, do the conditioning with the corresponding number</p> <ol style="list-style-type: none">1. 45 sec Mountain Climbers2. 1 min plank3. 25 Russian Twist4. 10 Burpees5. 40 Jumping Jacks6. 25 Crunches7. 20 push ups8. 1 min superman hold9. 1 min wall sit10. Line of Inch worms11. 40 squats12. 1 min splits	13 Minutes Total	<p>Keep this FUN ...cheer on the groups and keep it fun and exciting.</p>
Class Closing		<p>➤ Use this time to go over any special news, things to do at home ect.</p>	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

Foundation
Maintaining good form, blocking
thru the shoulders, locking out arms,

Month: 1

Level 1 Tumbling

Week: 4

Supplies
2 panel mats, 3 red block, 2-6 frisbees

Test PHRO and Limber

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"> ○ Dive Rolls ○ Handstands ○ Cart Wheels ○ RO ○ Handstand FR ○ Back Rolls 	13 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"> ◆ RO with hands on Panel mat (rebound) ◆ Handstand Hops onto panel mat ◆ Power Hurdle Lunge ◆ Handstand shoulder touch ◆ Jump squats ◆ Power Hurdle Round off using 3 red block 	15 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>Testing and Conditioning</p> <p>Pull athletes over to test. The remaining do a series of partner conditioning</p> <ol style="list-style-type: none"> 1. Plank panel push- one athlete is in a plank on a panel mat, one pushes down and back, then switch 2. Frisbee switch sit ups 3. Wheelbarrows 4. Piggy back carries 	13 Minutes Total	<p>Keep this FUN ...cheer on the groups and keep it fun and exciting.</p>
Class Closing		<p>➤ Use this time to go over any special news, things to do at home ect.</p>	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: 2

Level 1 Tumbling

Foundation
Maintaining good form, blocking thru the shoulders, locking out arms, keeping arm close to ears.

Week: 1

Supplies

Front Walkovers

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">○ Dive Rolls○ Handstands○ Cart Wheels○ RO○ Handstand FR○ Back Rolls	13 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">◆ Bridge, straight leg lifts◆ Jump Swats◆ Handstand Bridge, land on one foot, other straight and pointed◆ Front walkover on panel mat◆	15 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>Testing and Racing!</p> <p>Pull athletes over to test. The remaining do a series of partner conditioning</p> <ol style="list-style-type: none">5. Plank panel push- one athlete is in a plank on a panel mat, one pushes down and back, then switch6. Frisbee switch sit ups7. Wheelbarrows8. Piggy back carries	13 Minutes Total	<p>Keep this FUN ...cheer on the groups and keep it fun and exciting.</p>
Class Closing		<p>➤ Use this time to go over any special news, things to do at home ect.</p>	1 Minute	<p>All Athletes come in, put their hand in a circle and shout Fusion on 3.... 1...2...3... FUSION!</p>

