

Topic: Pull - Over Bar Exercise

Time: 20 minutes out of an hour work out

Students: Female Gymnastics Rec level (Beginner level)

Learning Objectives

- Students will be able to lift their legs to the bar without pushing off the floor.
- Students will be able to lift their chin above the bar without using their legs.
- Students will be able to go through the motions of a pull-over with the coaches help.

Steps Prior to Class

1. Make sure you have at least two bars and one small bar available for the rotation.
2. On the small bar (this bar is usually used for rec classes), set up an octagon mat or a large mat in front of the bar. Use a student to make sure the length is appropriate for their legs when hanging on the bar. The student should be in a perfect L-shape, with their hands on the bar and the legs on the map.
3. On the first and second bar, set up a small mat on the side for the students to be able to step on to help them reach the bar.

Activities	Description/ Procedure	Time	Materials Needed
Introduction of the Bar (an event in gymnastics) rotation activities for the day	1. Use one student to demonstrate each activity. Moving from one activity to the next, showing the activity only once.	2-3 minutes	2 bars, 1 small bar, three mats, chalk, gymnast
Transition	1. Have the students go to get chalk. 2. After they get chalk, have them line up in front of the bar, side by side.	1-2 minutes	Chalk
Separating the gymnast into groups	1. Separate the gymnast into groups using either a 1-2-3 method or by grouping them together. 2. Send each group to their designated activity.	30 seconds	
Rotation 1 - Leg lifts (for this lesson plan we will follow one group through each	1. Have the students take turns attempting the activity. 2. Students will hang on the bar and place their legs out directly in	5 minutes	1 small bar, octangular mat

<p>rotation of the activities, but all students will do each activity)</p>	<p>front of them.</p> <ol style="list-style-type: none"> 3. The student should be in a perfect L-shape, make sure they are in this position before continuing the activity. 4. Once in position, the student will then try to lift their legs up to the bar without kicking off the mat. 5. Have the gymnast try twice before allowing the next gymnast to try. 		
<p>Rotation 2 - Chin raises</p>	<ol style="list-style-type: none"> 1. Students will use the mat to get onto the bar. 2. Let their feet hang, stop them from swinging if they are. 3. Have students attempt to lift their chin above the bar. 4. Have the gymnast try twice before allowing the next gymnast to try. 	<p>5 minutes</p>	<p>Bar, mat</p>
<p>Rotation 3 - Pull-over with Coach</p>	<ol style="list-style-type: none"> 1. The coach stands on the side they are comfortable with to help students perform a pull-over. 2. The student stands under bar with hands on the bar. 3. Prevent the student from jumping, but help them lift their chin above the bar. 4. The Coach will use their hands, one of the student's back and the other on the back of the students legs. 5. Once the chin is above the bar, have students raise their legs to the bar. The Coach helps the student bring their legs over the bar while also keeping their hand on the students back, preventing them from leaning backwards. 6. Help students bring their legs over the bar. 7. Move your hand from their legs and back to their elbow and shoulder 	<p>5 minutes</p>	<p>Bar, mat</p>

	8. Help students push themselves up.		
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