



gymsports

LEARN TO GYM

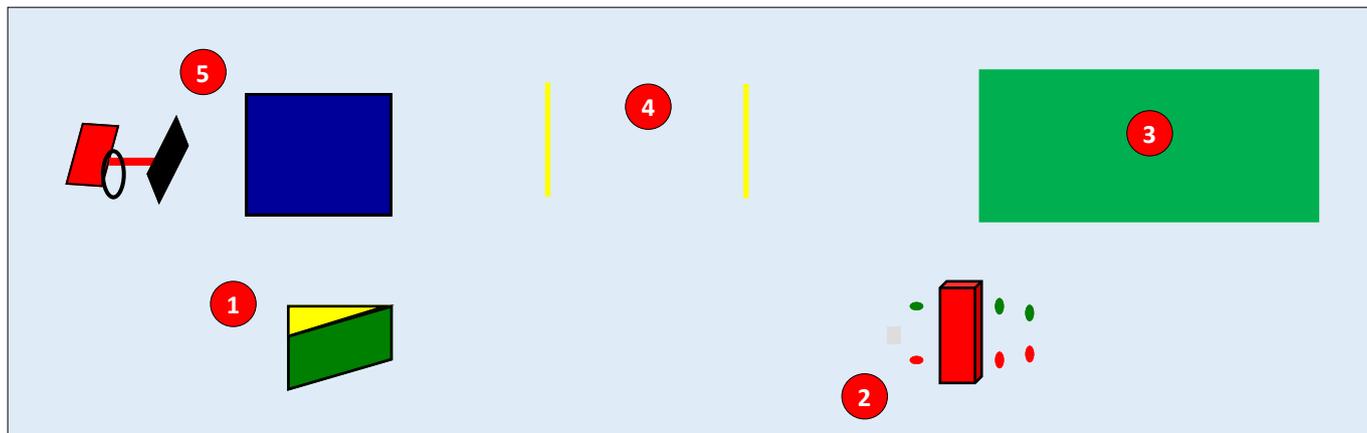
Fungym

Lesson Plan

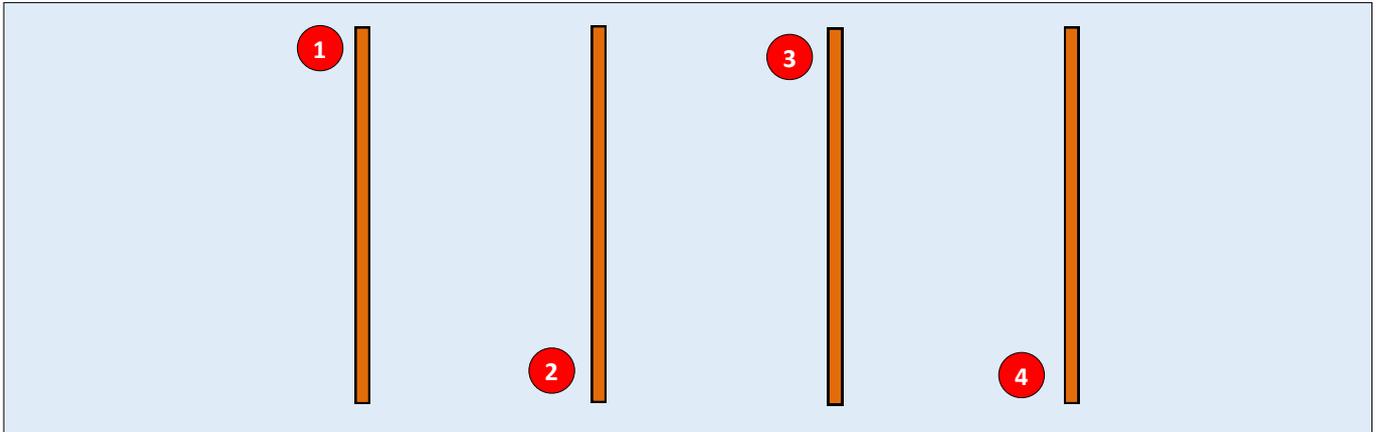
Clarence

Week 1 and 2

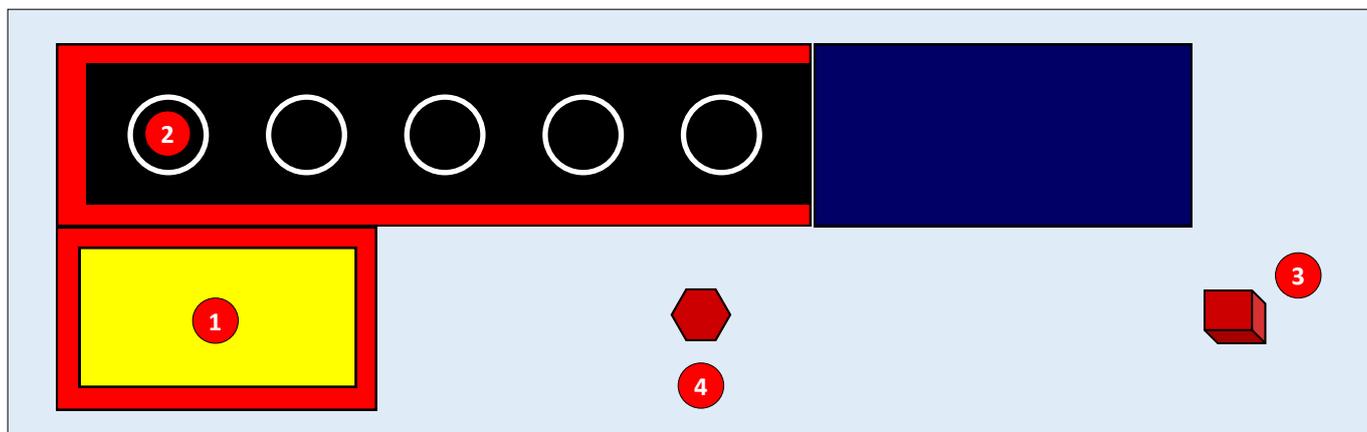
| | |
|----------------------------------|---|
| <p>Introduction</p> | <p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes Tuck Star Rocket Soldier Motorbike Have the children try making these shapes</p> |
| <p>Tips</p> | <p>Have other coaches help new and unsure gymnasts to settle, by sitting with them or holding their hand Other coaches also need to be on the lookout for children arriving late and assist them to join in</p> |
| <p>Joint Mobilisation</p> | <p><u>Copy Cat</u></p> <p>The children have to copy everything you do like a mirror image Slowly perform the following activities</p> <ul style="list-style-type: none"> * Head up, down * Head side to side * Star shape, circles with hands * Circles at elbows * Circles with arms * Star shape twist to each side * Lean over to each side, one hand to knees other hand to roof * Circles with hips * Bend and straighten knees * Point and flex toes * Sit in tuck shape |
| <p>Tips</p> | <p>Activities need to be performed slowly If children are losing attention add in a clap or something silly (scratch your head, yawn, cough) There is no need to perform passive stretching (e.g. touching toes) at this level Tell the children you're looking for the person trying the hardest to copy you. Acknowledge several children at the end who were trying hard</p> |



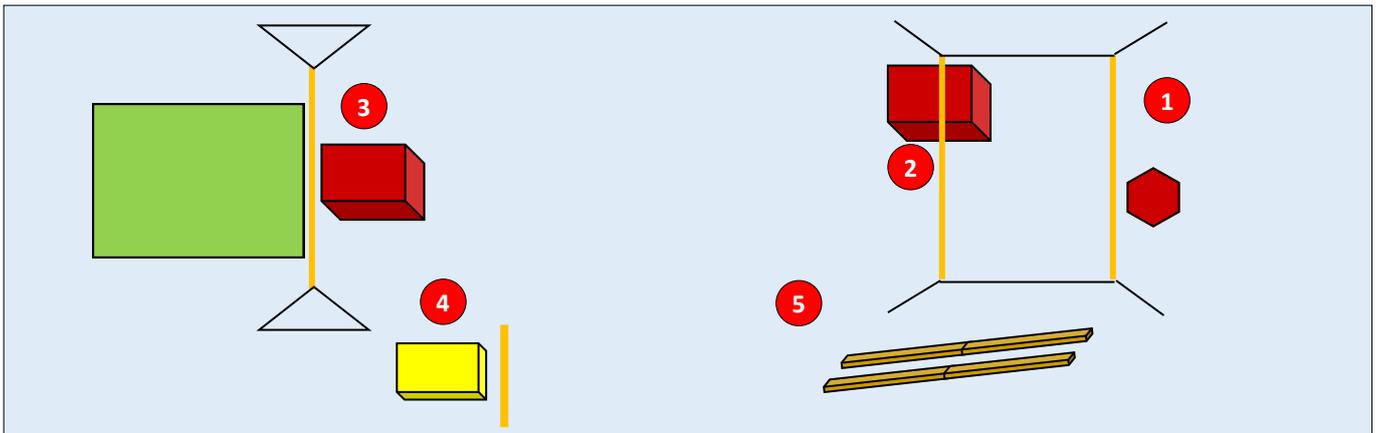
| | |
|-----------|---|
| 1. | <ul style="list-style-type: none"> a. Egg roll down hill with bean bag between knees b. Forward roll down hill with bean bag under chin to finish in tuck shape c. Forward roll down hill with bean bag under chin, between feet and knees to finish in tuck shape |
| Extension | <ul style="list-style-type: none"> d. As per c) to stand up without using hands or losing any bean bags e. Forward roll to squat with bean bag under chin and between feet f. As per e) add a bunny hop, bottom to vertical then stand |
| Tips | Place the back of neck not the top of the head on ground when doing forward rolls If the child is uncertain about forward rolls let them do the egg roll activity |
| 2. | <ul style="list-style-type: none"> a. Bunny hop over foam shape b. Bunny hop over foam shape finish in star shape on feet markers c. From rocket, mini cartwheel over foam shape using hand and feet markers finish in star shape |
| Tips | Wait until the person in front is finished prior to starting |
| 3. | <ul style="list-style-type: none"> a. Log roll sideways down the foam vault to land on soggy b. Log roll sideways down the foam vault to land on soggy, hold ball above head c. Log roll sideways down the foam vault to land on soggy with bean bag between feet |
| Tips | Wait until the person in front is off the mat prior to starting Ensure mat remains in place |
| 4. | <p>Save the animal bean bag game</p> <p>Gymnast has to help a bean bag animal cross the river</p> <p>Starting in crab position, place bean bag animal on stomach and see if you can make it across without dropping your animal in the water.</p> |
| Tips | The more exciting you make this game sound, the more fun they will have |
| 5. | <ul style="list-style-type: none"> a. 3 tuck rocks b. 3 tuck rocks with bean bag between knees, throw for basket ball ring c. From standing tuck rock return to stand with bean bag between knees, throw for basket ball ring |
| Tips | Place 1 hand on each knee when doing tuck rocks Gymnasts need to hold tight tuck shape on backward rock and pull knees away from chest on the way up |



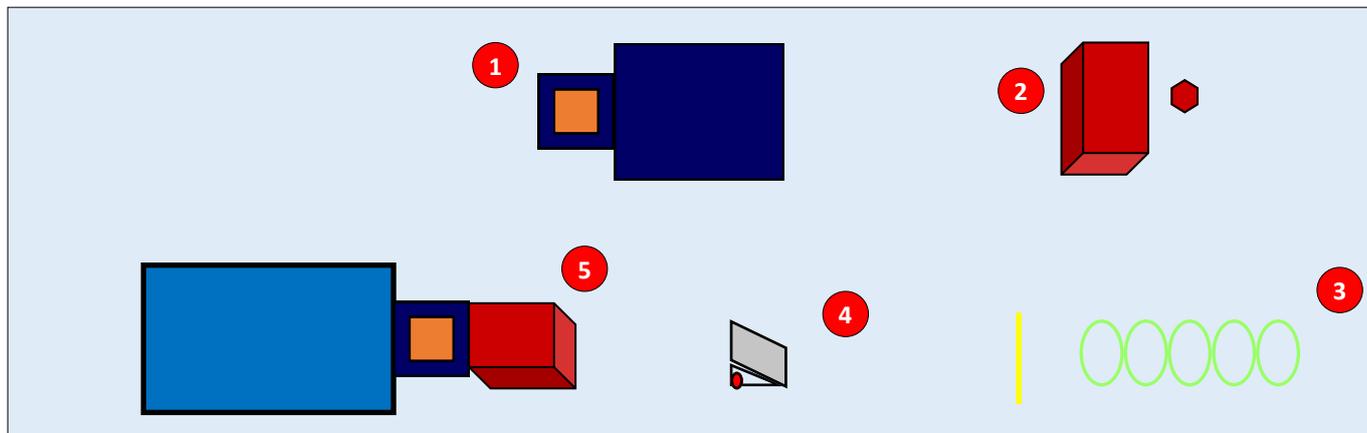
| | |
|-----------|--|
| 1. | <ul style="list-style-type: none"> a. Walk sideways b. Walk forwards c. Walk sideways on toes |
| Extension | <ul style="list-style-type: none"> d. Walk backwards e. Walk backwards on toes f. Step kicks backwards with straight legs |
| Tips | <p>Wait until the person in front is half way along the beam before starting Hold motorbike landing on stop sign count to 3 at end of each beam</p> |
| 2. | <ul style="list-style-type: none"> a. Walk sideways with foam b. Walk sideways, small throws and catches c. Walk sideways, small throws and catches |
| 3. | <ul style="list-style-type: none"> a. Walk sideways with foam, throw foam into cylinder b. Walk sideways, small throws and catches, throw foam into cylinder c. Walk sideways, small throws and catches, throw foam into cylinder |
| Tips | <p>Do not climb under beams to get your foam Return foam after your go</p> |
| 4. | <ul style="list-style-type: none"> a. Walk sideways b. Walk forwards c. Walk sideways on toes |
| Extension | <ul style="list-style-type: none"> d. Walk backwards e. Walk backwards on toes f. Step kicks backwards with straight legs |



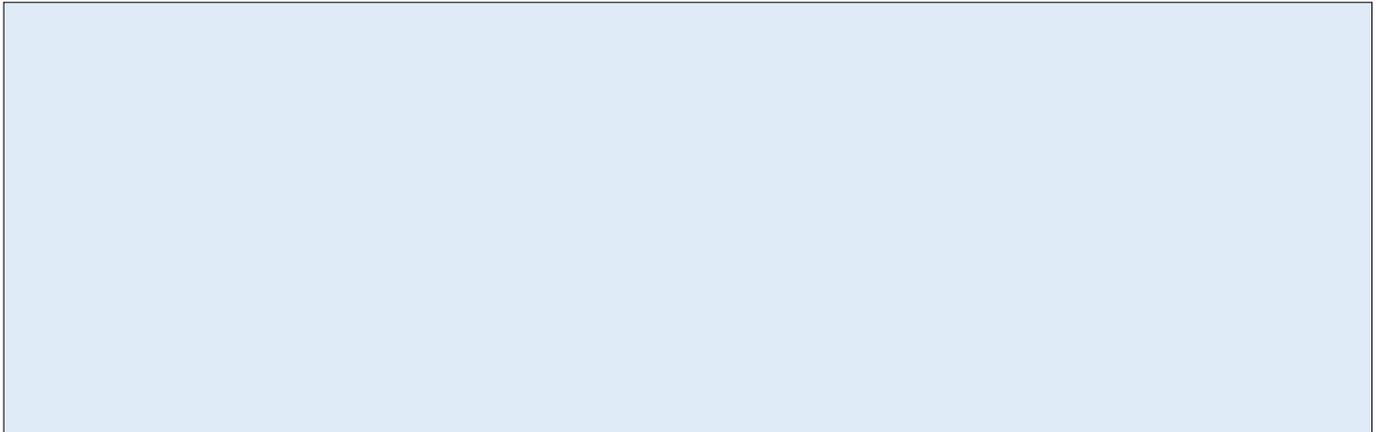
| | |
|-----------|---|
| 1. | <ul style="list-style-type: none"> a. 5 bounces, land in motorbike shape b. 5 rocket bounces with foam between feet, land in motorbike c. 5 tuck jumps with foam between feet, land in motorbike |
| Tips | <p>One person at a time on the trampoline, must wait until the person in front is off before you get on</p> <p>Only do activities that instructors ask you to do on trampoline</p> <p>Stay in the middle of the trampoline</p> |
| 2. | <ul style="list-style-type: none"> a. Continuous bounces through chalk circles and landing motorbike on mat b. Continuous soldier bounces through chalk circles and landing motorbike on mat c. Continuous rocket bounces through chalk circles and landing motorbike on mat |
| Extension | <ul style="list-style-type: none"> d. Star jump from the end of tumble tramp onto the mat e. Tuck jump from the end of tumble tramp onto the mat |
| Tips | <p>I'm looking for the biggest jump off the trampoline</p> <p>Land in motorbike.</p> <p>Wait until the person in front has climbed off the mat before starting.</p> |
| 3. | <ul style="list-style-type: none"> a. With tummy on box, lifting arms and legs to make arch shape b. With tummy on box, lifting arms and legs to make arch shape with straight arms and legs c. With tummy on box, lifting arms and legs to make arch shape with bean bag in feet. |
| 4. | <ul style="list-style-type: none"> a. From tuck, rock to candle stick with bean bag between feet b. From L-sit rock to candle stick with bean bag between feet c. From L- sit rock to candle stick with bean bag return to stand |
| Tips | <p>Can you show a tall candle stick position</p> |



| | |
|-----------|---|
| 1. | <ul style="list-style-type: none"> a. 3 swings on bar to land on stop sign b. 5 swings on bar to land on stop sign c. 5 swings on bar with bean bag between feet to land on stop sign |
| Tips | <p>Stop sign for dismount should be placed on the back swing</p> <p>Ensure the gymnasts wait sufficient distance behind person swinging</p> <p>Bar should be at swinging height</p> |
| 2. | <ul style="list-style-type: none"> a. Climb box, monkey walk sideways along bar to land on stop sign in motorbike shape b. Climb box, monkey walk sideways along bar 1/2 turn to land in motorbike shape c. Climb box, monkey walk sideways with bean bag between legs 1/2 turn to land in motorbike shape |
| Tips | <p>Some children may need help initially to do a 1/2 turn on the bars</p> <p>Low bar should be on higher setting</p> |
| 3. | <ul style="list-style-type: none"> a. Stand on bar jump to mat b. Stand on bar and count to 3 c. Stand on bar and count to 10 |
| 4. | <ul style="list-style-type: none"> a. Jump to front support count to 3 b. Jump to front support forward roll over bar c. Jump to front support forward roll over bar with bean bag between feet |
| Extension | <ul style="list-style-type: none"> d. As per c) add lift legs to make a tuck shape e. As per c) add lift legs to horizontal to make an L-shape f. As per e) add chin up after making an L-shape |
| Tips | <p>Gymnasts need to roll hands fully around the bar when performing a forward roll</p> <p>It is a good idea to spot the gymnasts first forward roll</p> <p>If gymnasts are scared to roll over the bar ask them to place their hands on the ground then lift their legs over so they do a forward roll on the ground</p> |
| 5. | <ul style="list-style-type: none"> a. Bear walk across the top of the ground beams b. Crab walk across the top of the ground beams c. Crab walk backwards across the top of the ground beams |



| | |
|-----------|--|
| 1. | <ul style="list-style-type: none"> a. 3 Bounces on mini tramp to land in motorbike b. 3 Rocket jumps on mini tramp with foam between feet to land on stop sign in motorbike c. 3 Rocket jumps on mini trampoline jump off to land in motorbike with foam between feet |
| Extension | <ul style="list-style-type: none"> d. 3 Rocket jumps on mini tramp, jump ½ turn off to land in motorbike with foam between feet e. 3 Rocket jumps on mini tramp, pike jump off to land in motorbike with foam between feet f. 3 Rocket jumps on mini tramp, jump full turn off to land in motorbike with foam between feet |
| Tips | <p>Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp</p> <p>Present after motorbike position</p> |
| 2. | <ul style="list-style-type: none"> a. Jump forwards to land in motorbike with foam between feet b. Jump backwards to land in motorbike with foam between feet c. Tuck jump to touch knees with hands, land in motorbike with foam between feet |
| Tips | <p>Ask gymnast to count to 3 when landing in motorbike shape</p> <p>Holding motorbike shape slows the children down and will ensure more class control</p> <p>Present after motorbike position</p> |
| 3. | <ul style="list-style-type: none"> a. Jump through hoops b. Jump through hoops with foam between feet c. Tuck jumps to touch knees through the hoops with foam between feet |
| Tips | <p>Try to only do one jump in each hoop</p> |
| 4. | <ul style="list-style-type: none"> a. Run and jump to land in superman take off shape on feet markers on spring board b. Run and jump to land in superman take off shape on feet markers on spring board, stop then jump off to land in motorbike shape on the floor c. Run and jump to land in superman take off shape on feet markers on spring board, immediate jump off to land in motorbike shape on the floor |
| Tips | <p>Ask gymnasts to land 2 feet together on the board</p> <p>Wait at the yellow line until the person in front has finished that activity</p> <p>Present after motorbike position</p> |
| 5. | <ul style="list-style-type: none"> a. Jump from trampoline to land in motorbike shape on mat b. Jump from trampoline 1 bounce to land in motorbike shape on mat c. Jump from box 1 jump on trampoline to land in motorbike shape on mat, forward roll to tuck |



Individual bean bag activities

Ask gymnasts to find a space and perform the following activities until you call out freeze

- Throw bean bag with 2 hands and catch
- Throw bean bag with 2 hands and catch with 1 hand
- Throw bean bag from 1 hand catch in the other hand
- Place bean bag on foot try to kick bean bag into the air and catch
- Place bean bag on your head and perform the following shapes without losing your bean bag – rocket, star, motorbike, tuck, back support, front support, L shape

Coaches need to help out by giving assistance to gymnasts to learn correct technique

Partner bean bag activities

Have gymnasts standing on a Velcro line facing a partner

- Throw bean bag with 2 hands to your partner
- Throw bean bag with one hand to your partner
- Place bean bag on your foot try to kick the bean bag to your partner
- Turn around throw bean bag over your head to your partner