



gymsports

LEARN TO GYM

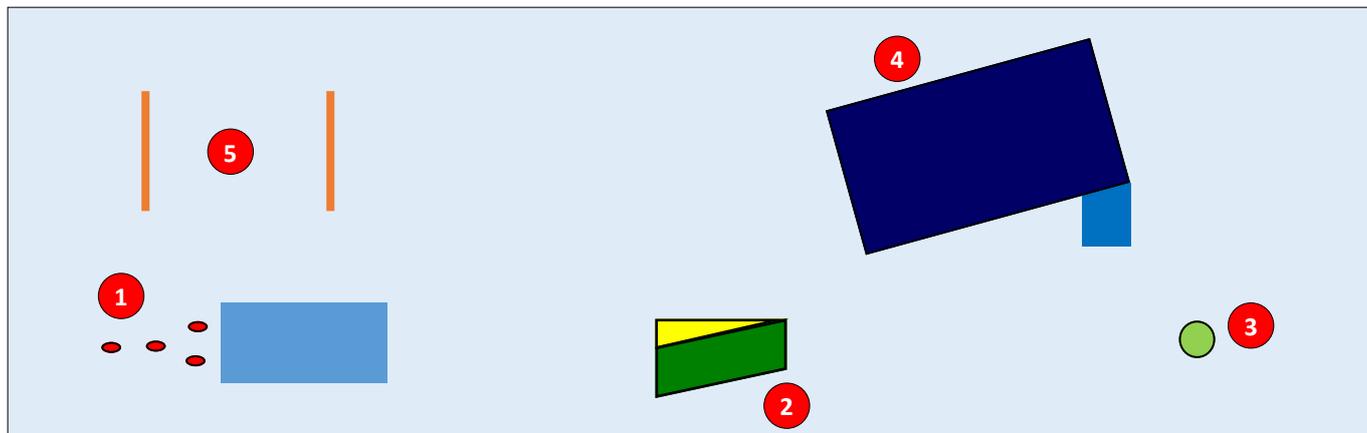
Fungym

Lesson Plan

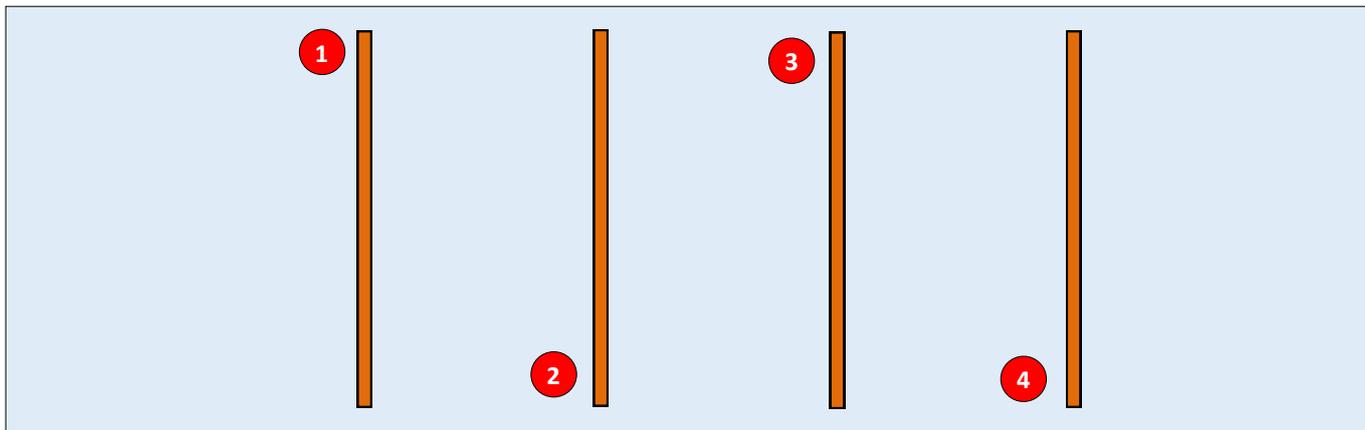
Clarence

Week 9 and 10

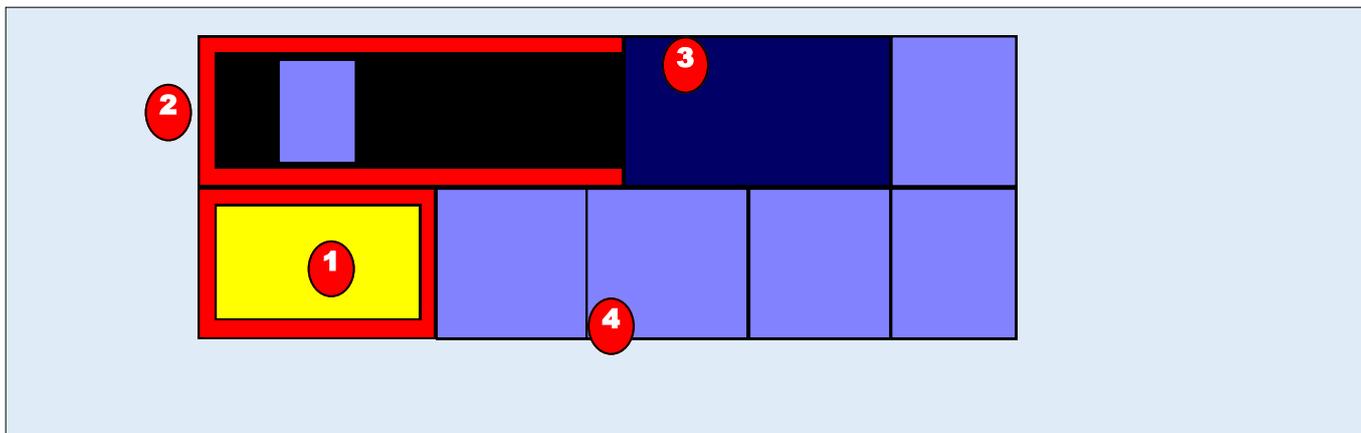
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes Tuck Star Rocket Soldier Motorbike Front support Back support L shape Lunge Arabesque Candlestick Shape Introduce Dish (week 9) Introduce Arch (week 10) 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> 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>



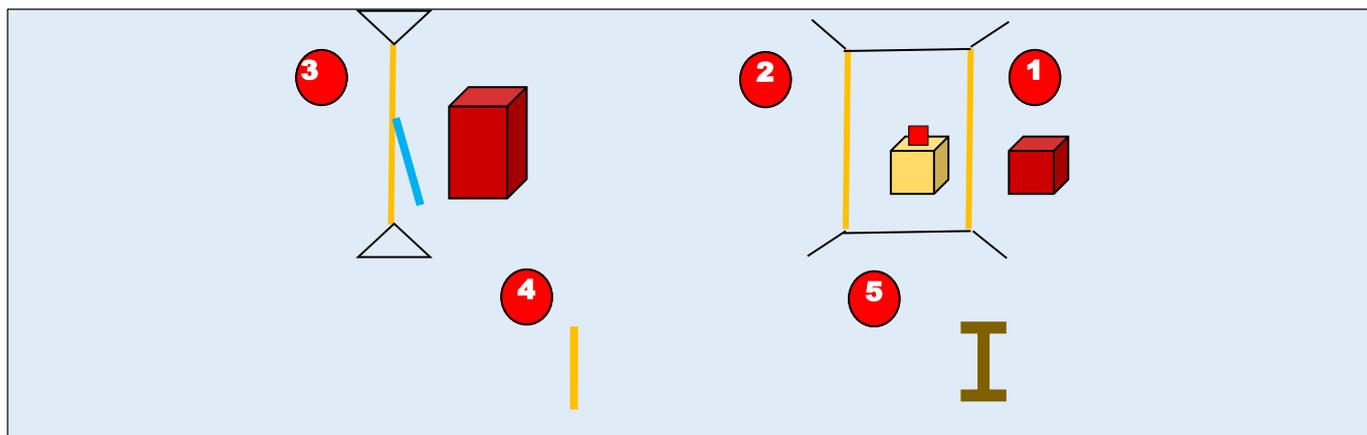
1.	<ul style="list-style-type: none"> a. Hurdle - from standing on 2 red feet shapes jump and land one foot on each of the green feet shapes b. Hurdle (as above) to finish in a lunge shape with front leg bent, back leg straight leaning forward and arms raised above head c. Hurdle to lunge (as in b) start with bean bag between feet, jump and just before landing drop bean bag onto a picture drawn in between the 2 green feet shapes
Extension	<ul style="list-style-type: none"> d. Hurdle to lunge with bean bag stop, handstand from lunge e. Hurdle to lunge with bean bag, immediate handstand flat back onto mat f. Hurdle to lunge with bean bag, immediate handstand pop to flat back, ask the gymnast to show you air time before landing
Tips	<p>When doing lunge, you should be able to see a straight line from hands to feet Handstand must be perfectly straight before moving to next level, if shape goes really bendy then go back a level</p>
2.	<ul style="list-style-type: none"> a. Forward roll on triangle, forward roll on the ground b. Forward roll on triangle, forward roll on the ground with out stopping c. As above with foam between feet
Tips	<p>1 at a time on triangle</p>
3.	<ul style="list-style-type: none"> a. Stand on 1 foot count to 3 b. Stand in Arabesque count to 3 c. Stand in Arabesque with straight leg count to 3
Tips	<p>Trying not to wobble Find a spot on the floor to look at</p>
4.	<ul style="list-style-type: none"> a. Log roll down the big hill b. Forward roll down the big hill c. Backward roll down the big hill
Tips	<p>Wait until the person in front has finished before starting</p>
5.	<ul style="list-style-type: none"> a. Bunny hop side to side over the boxes moving forward b. Bunny hop animal rescue, (as above with bean bag between feet)



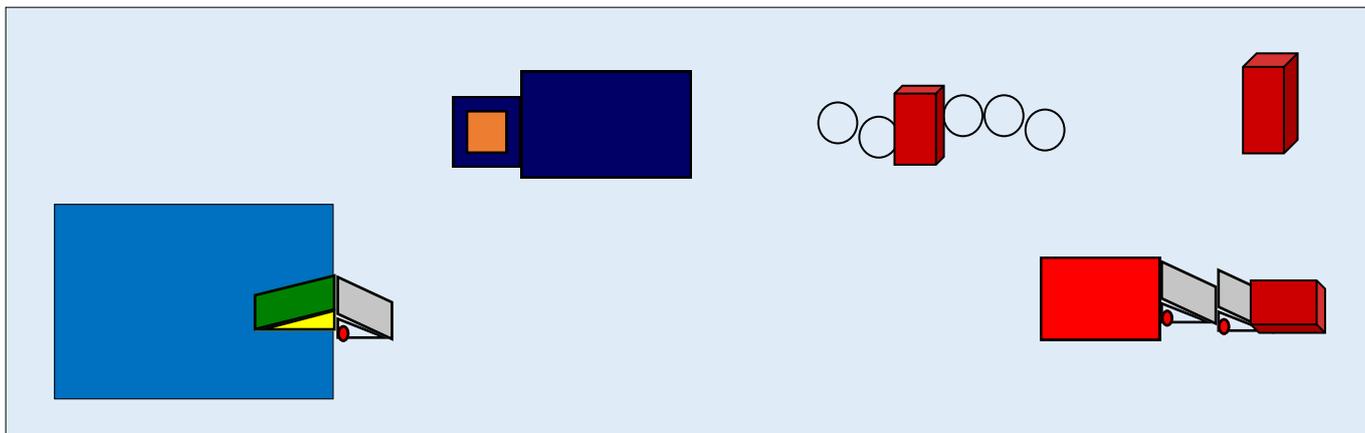
1.	<ul style="list-style-type: none"> a. Wave flag up and down walking forwards b. Wave flag up and down walking sideways c. Wave flag up and down walking backwards
Extension	<ul style="list-style-type: none"> d. Wave flag up and down walking forwards on toes with straight legs e. Wave flag up and down walking sideways on toes with straight legs f. Wave flag up and down walking backwards on toes with straight legs
Tips	<p>Wait until the person in front is half way along the beam before starting</p> <p>Place flag at end of beam 5</p>
2.	<ul style="list-style-type: none"> a. Step over foam blocks on beam b. Small leap over foam blocks on beam c. Small leap over foam block to on land 2 feet
3.	<ul style="list-style-type: none"> a. Wave flag , walk sideways b. Wave flag side to side walking ½ grape vine stepping foot in front only c. Wave flag side to side grapevine walk
Tips	<p>You may need to remind them that every step they step the front foot over.</p>
4.	<ul style="list-style-type: none"> a. Wave flag up and down walking forwards b. Wave flag up and down walking sideways c. Wave flag up and down walking backwards
Extension	<ul style="list-style-type: none"> d. Wave flag up and down walking forwards on toes with straight legs e. Wave flag up and down walking sideways on toes with straight legs f. Wave flag up and down walking backwards on toes with straight legs



1.	<ul style="list-style-type: none"> a. Jump with foam between feet, clap in front then behind back x 2 b. As per a) add ½ turn at the end c. As per a) add full turn
Tips	One person at a time on the trampoline, must wait until the person is off before you get on Only do activities that instructors ask you to do on trampoline
2.	<ul style="list-style-type: none"> a. Jump from tramp to land in motorbike shape on 30cm box b. Tuck Jump from tramp to land in motorbike shape on 30cm box c. Star jump from tramp to land in motorbike shape on 30cm box
Extension	<ul style="list-style-type: none"> d. Straddle jump from tramp to land in motorbike shape on 30cm box e. ½ turn jump from tramp to land in motorbike shape on 30cm box f. 1/1 turn jump from tramp to land in motorbike shape on 30cm box
Tips	Wait until the person in front is off the mat prior to starting
3.	<ul style="list-style-type: none"> a. Straight jump onto crash mat to land in motorbike, forward roll b. Hands on crash mat, 3 jumps forward roll c. Hands on crash mat, 3 jumps forward roll with straight arms
Tips.	Wait until the person in front is of the mat before you start Be careful on nose and knees
4.	<ul style="list-style-type: none"> a. Jump to land on crash mat b. Jump 1/2 turn to and on crash mat c. Jump full turn to land on crash mat
Tips	Wait until person in front is of the mat before starting Must land on feet wit control



1.	<ul style="list-style-type: none"> a. From box, swing forward with bent knees to knock foam over b. From box swing forward with bent knees to pick up foam between feet c. From box swing forward with bent knees to pick up foam between feet return back to box
Tips	Ensure children let go to land on their back swing
2.	<ul style="list-style-type: none"> a. Lift legs to tuck and hold 5 seconds b. 5 x bent knee swings c. 5 x bent knee swings with bean bag between feet
Tips	1 gymnast at a time on bars
3.	<ul style="list-style-type: none"> a. From Standing on box 1 hand on each rope can you swing forward and return to the box b. As above with bent arms c. As above with bent arms and legs in pike
Tips	This can be made into a game. If the children's feet touch the ground then the crocodile can munch on their toes, if they make it back to the box the crocodile goes hungry
4.	<ul style="list-style-type: none"> a. Front support on bars spotted forward roll to hang b. From standing on 2 boxes, Stand on low bar with coaches assistance jump down to land c. From standing on 2 boxes, Stand on low bar, jump down to land
Extension	<ul style="list-style-type: none"> d. From standing on 2 boxes stand on low bar hold for 5 seconds, jump down to land e. From standing on 2 boxes, step into a bent leg straddle on position, then stand up hold for 5 seconds, jump down to land f. From standing on 2 boxes, jump into a bent leg straddle on position, then stand up hold for 5 seconds, jump down to land
Tips	Coach should assist gymnasts first attempt to standing on bar
5.	<ul style="list-style-type: none"> a. Front support with hands on ground bar b. Front support on ground bar turn to back support c. Front support on ground bar, turn to back support and return to front support



1.	<ul style="list-style-type: none"> a. 3 Rocket jumps on mini tramp star jump off to land in motorbike b. 3 Tuck jump on mini tramp star jump off to land in motorbike c. 3 Star jumps on mini tramp ½ turn off to land in motorbike
Extension	<ul style="list-style-type: none"> a. 3 Star jumps on mini tramp full turn off to land in motorbike b. 3 Straddle jumps on mini tramp ½ turn off to land in motorbike c. 3 Straddle jumps on mini tramp full turn off to land in motorbike
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp
2.	<ul style="list-style-type: none"> a. Jumping through the hoops and onto box and over hurdles b. Jumping through the hoops and over box and hurdles c. As above with foam between feet
Tips	Give the foam to the next person
3.	<ul style="list-style-type: none"> a. Standing on box jump backwards to land in motorbike b. Standing on box tuck jump backward to land in motorbike c. Standing on the ground jump up onto the box and tuck jump backwards to land in motorbike
Tips	One at a time
4.	<ul style="list-style-type: none"> a. Standing on box jump onto first springboard and then the next springboard then onto mat b. Standing on box jump onto first springboard and then the next springboard then tuck jump onto mat c. Standing on box jump onto first springboard and then the next springboard then ½ turn onto mat
5.	<ul style="list-style-type: none"> a. From short run, jump onto spring board, immediate jump onto crashmat, climb feet onto wedge, forward roll down hill b. From short run, jump onto spring board, immediate jump onto crashmat, forward roll down hill c. From short run, jump onto hands and knees on wedge, forward roll down wedge

Partner Balances

- Do this activity with hands on the ground behind them first
- When doing this activity start holding hand and lift 1 leg at a time
- Try doing this balance with leg in a straddled V –sit position
- Start doing this activity with feet 20cm away from Partners feet
- As they get better try doing it with feet closer together
- One gymnast makes angry cat with partner to make a front support placing feet on their partners shoulders.
- One gymnast makes angry cat with partner to make a back support placing feet on their partners shoulders.
- One gymnast makes front support with partner to make a front support placing their hand on their partners feet.
- One gymnast makes front support with partner to make a front support placing feet on their partners shoulders.



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

Partner balance races

- 1 partner makes a star shape. When instructor says go the other partner needs to crawl under them x 3, then swap over and repeat. When finished sit in tuck shape.
- 1 partner makes a front support shape. When instructor says go the other partner needs to crawl under them x 3, then swap over and repeat. When finished sit in tuck shape.