



***gymsports***

LEARN TO GYM

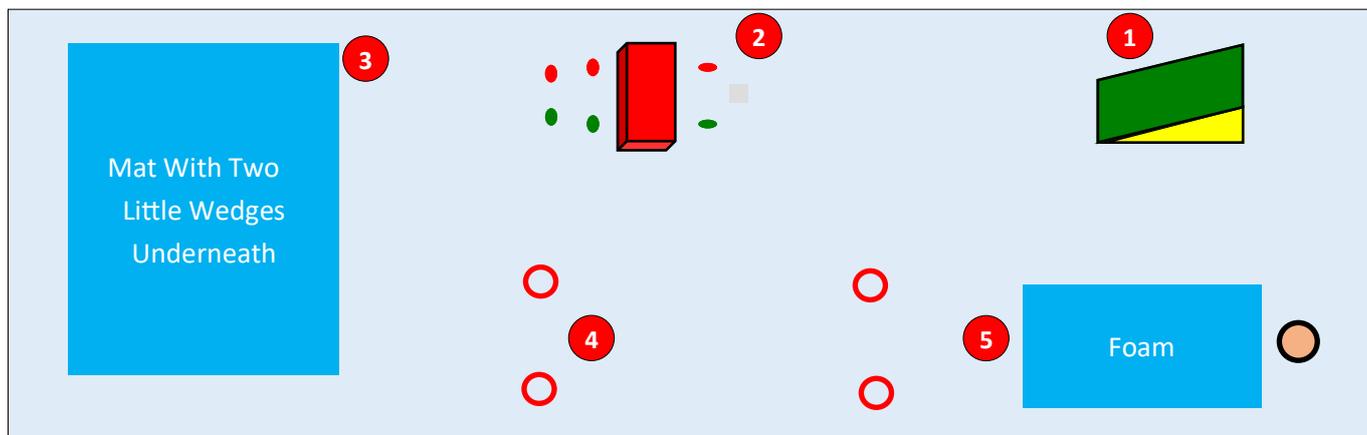
# Fungym

## Lesson Plan

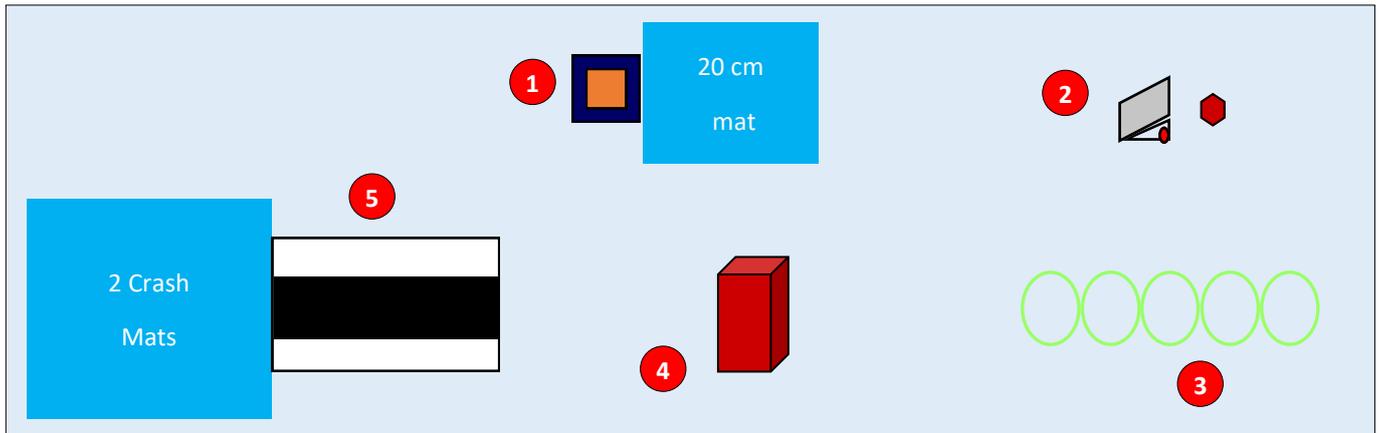
**Huon Valley**

**Week 1 and 2**

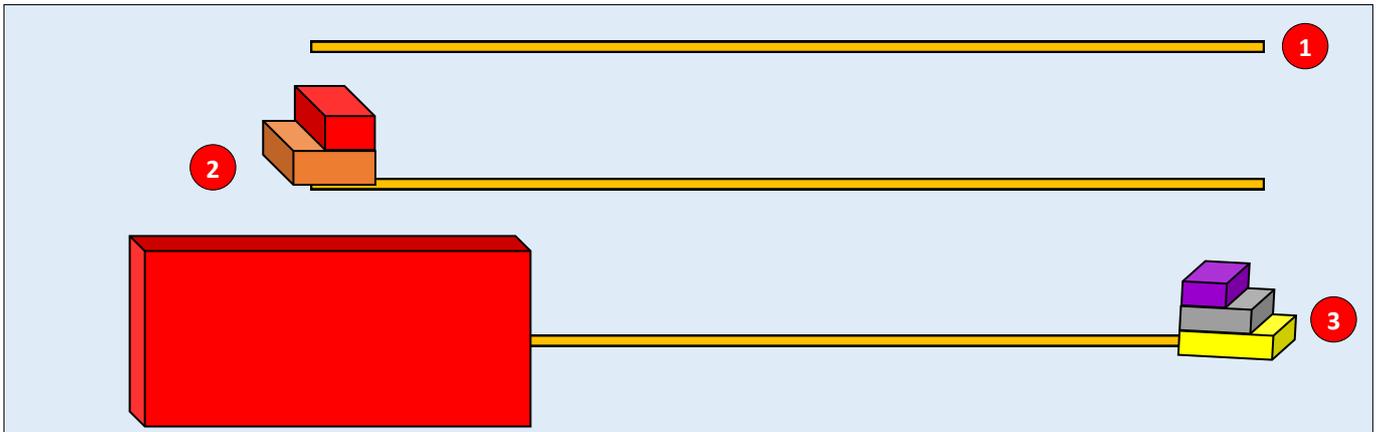
<p><b>Introduction</b></p>	<p>Ask all children to make their way down to the mats          Introduce coaches and trainee coaches          Explain and demonstrate the following shapes              Tuck              Star              Rocket              Soldier              Motorbike          Have the children try making these shapes</p>
<p><b>Tips</b></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><b>Joint Mobilisation</b></p>	<p><b><u>Copy Cat</u></b></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"> <li>* Head up, down</li> <li>* Head side to side</li> <li>* Star shape, circles with hands</li> <li>* Circles at elbows</li> <li>* Circles with arms</li> <li>* Star shape twist to each side</li> <li>* Lean over to each side, one hand to knees other hand to roof</li> <li>* Circles with hips</li> <li>* Bend and straighten knees</li> <li>* Point and flex toes</li> <li>* Sit in tuck shape</li> </ul>
<p><b>Tips</b></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>



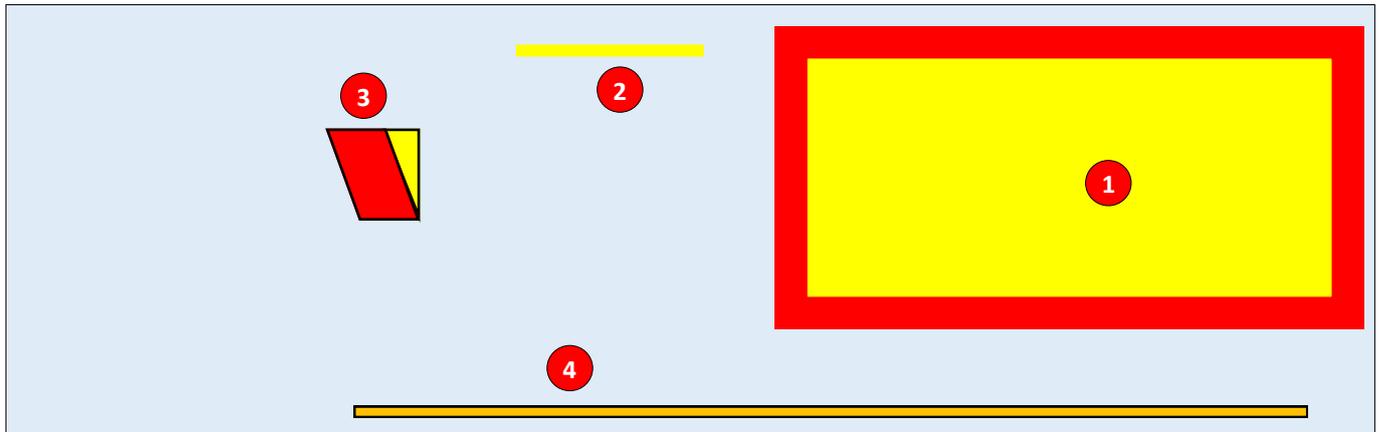
1.	<ul style="list-style-type: none"> <li>a. Egg roll down hill with bean bag between knees</li> <li>b. Forward roll down hill with bean bag under chin to finish in tuck shape</li> <li>c. Forward roll down hill with bean bag under chin, between feet and knees to finish in tuck shape</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Egg roll down hill with bean bag between knees</li> <li>b. Forward roll down hill with bean bag under chin to finish in tuck shape</li> <li>c. Forward roll down hill with bean bag under chin, between feet and knees to finish in tuck shape</li> </ul>
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"> <li>a. Bunny hop over foam shape</li> <li>b. Bunny hop over foam shape finish in star shape on feet markers</li> <li>c. From rocket, mini cartwheel over foam shape using hand and feet markers finish in star shape</li> </ul>
Tips	Wait until the person in front is finished prior to starting
3.	<ul style="list-style-type: none"> <li>a. Log roll sideways down the foam vault to land on soggy</li> <li>b. Log roll sideways down the foam vault to land on soggy, holding foam above head</li> <li>c. Log roll sideways down the foam vault to land on soggy with foam between feet</li> </ul>
Tips	Wait until the person in front is off the soggy prior to starting Ensure soggy remains in place
4.	<p><b>Save the animal bean bag game</b></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"> <li>a. 3 tuck rocks</li> <li>b. 3 tuck rocks with foam between knees throw for bucket</li> <li>c. From standing tuck rock return to stand with foam between knees, throw for bucket</li> </ul>
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



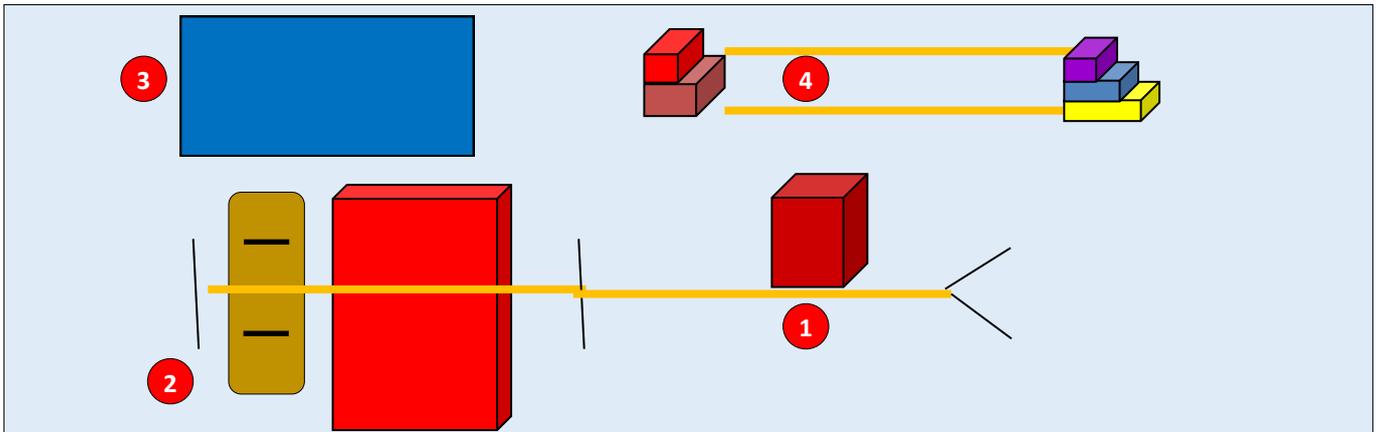
1.	<ul style="list-style-type: none"> <li>a. 3 Bounces on mini tramp to land in motorbike</li> <li>b. 3 Rocket jumps on mini tramp with foam between feet to land on stop sign in motorbike</li> <li>c. 3 Rocket jumps on mini trampoline jump off to land in motorbike with foam between feet</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. 3 Rocket jumps on mini tramp, jump ½ turn off to land in motorbike with foam between feet</li> <li>b. 3 Rocket jumps on mini tramp, pike jump off to land in motorbike with foam between feet</li> <li>c. 3 Rocket jumps on mini tramp, jump full turn off to land in motorbike with foam between feet</li> </ul>
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"> <li>a. Run and jump to land in superman take off shape on feet markers on spring board</li> <li>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</li> <li>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</li> </ul>
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>
3.	<ul style="list-style-type: none"> <li>a. Jump through hoops</li> <li>b. Jump through hoops with foam between feet</li> <li>c. Tuck jumps to touch knees through the hoops with foam between feet</li> </ul>
Tips	<p>Try to only do one jump in each hoop</p>
4.	<ul style="list-style-type: none"> <li>a. Jump forwards to land in motorbike with foam between feet</li> <li>b. Jump backwards to land in motorbike with foam between feet</li> <li>c. Tuck jump to touch knees with hands, land in motorbike with foam between feet</li> </ul>
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>
5.	<ul style="list-style-type: none"> <li>a. Jump from trampoline to land in motorbike shape on mat</li> <li>b. Jump along trampoline bounce to land in motorbike shape on mat</li> <li>c. Jump along trampoline bounce to land in motorbike shape on mat, forward roll to tuck</li> </ul>



1.	<ul style="list-style-type: none"> <li>a. Walk sideways</li> <li>b. Walk forwards</li> <li>c. Walking sideways on toes</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Walking backwards</li> <li>b. Walking backwards on toes</li> <li>c. Step kicks backwards with straight legs</li> </ul>
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"> <li>a. Walk sideways with foam, throw foam into bucket</li> <li>b. Walk sideways, small throws and catches, throw foam into bucket</li> <li>c. Walk sideways, small throws and catches, throw foam into bucket</li> </ul>
Tips	<p>Do not climb under beams to get your foam Return foam after your go</p>
3.	<ul style="list-style-type: none"> <li>a. Walk sideways</li> <li>b. Walk forwards</li> <li>c. Walking sideways on toes</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Walking backwards</li> <li>b. Walking backwards on toes</li> <li>c. Step kicks backwards with straight legs</li> </ul>



1.	<ul style="list-style-type: none"> <li>a. 5 bounces, land in motorbike shape</li> <li>b. 5 rocket bounces with foam between feet, land in motorbike</li> <li>c. 5 tuck jumps with foam between feet, land in motorbike</li> </ul>
Tips	<p>One person at a time on the trampoline, must wait until the person in front is off before you get on Only do activities that instructors ask you to do on trampoline</p>
2.	<ul style="list-style-type: none"> <li>a. Walk feet up the wall, hold for 3 seconds, walk back down</li> <li>b. Walk feet up wall, straight arms and legs, look at toes, hold for 5 seconds</li> <li>c. Walk feet up wall, look at toes and march hands 5 times</li> </ul>
Tips	<p>Straight body</p>
3.	<ul style="list-style-type: none"> <li>a. Egg roll down hill with bean bag between knees</li> <li>b. Forward roll down hill with bean bag under chin to finish in tuck shape</li> <li>c. Forward roll down hill with bean bag under chin, between feet and knees to finish in tuck shape</li> </ul>
4.	<ul style="list-style-type: none"> <li>a. Feet on beam, hands on velcro line walk along to see how far you can get along in front support</li> <li>b. Feet on beam, hands on velcro line walk along to see how far you can get along in back support</li> </ul>



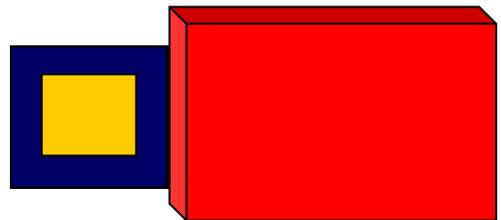
1.	<ol style="list-style-type: none"> <li>a. Jump to front support count to 3</li> <li>b. Jump to front support forward roll over bar</li> <li>c. Jump to front support forward roll over bar with bean bag between feet</li> </ol>
Tips	Gymnasts need to roll hands fully around the bar when performing a forward roll It is a good idea to spot the gymnasts first forward roll
2.	<ol style="list-style-type: none"> <li>a. Monkey walk sideways along bar, let go to land on stop sign</li> <li>b. Monkey walk sideways along bar, make a tuck shape and let go to land on stop sign</li> <li>c. Monkey walk sideways, 1/2 turn on bar, let go to land on stop sign</li> </ol>
Extension	<ol style="list-style-type: none"> <li>a. Add lift legs to make a tuck shape</li> <li>b. Add lift legs to horizontal to make an L-shape</li> <li>c. Add chin up after making an L-shape</li> </ol>
Tips	Some children may need help initially to do a 1/2 turn on the bars
3.	<ol style="list-style-type: none"> <li>a. From tuck, rock to candle stick with bean bag between feet</li> <li>b. From L-sit rock to candle stick with bean bag between feet</li> <li>c. From L - sit rock to candle stick with bean bag return to stand</li> </ol>
4.	<ol style="list-style-type: none"> <li>a. Bear walk along P-bars forwards</li> <li>b. Bear walk backwards along P-bars</li> <li>c. Crab walk forwards along P-bars</li> </ol>

**Mini Tramp:**

Gymnasts to line up at the end of the floor strip.  
Run and perform jump on the mini tramp, land on mat.

1. Practice jump
2. Rocket jump
3. Star jump
4. Tuck jump
5. Half turn
6. Straddle jump
7. Pike jump
8. Jump to catch foam in the air

Must perform the jump well and land perfectly to move on.



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

Gymnasts must jump on trampoline with 2 feet