



gymsports

LEARN TO GYM

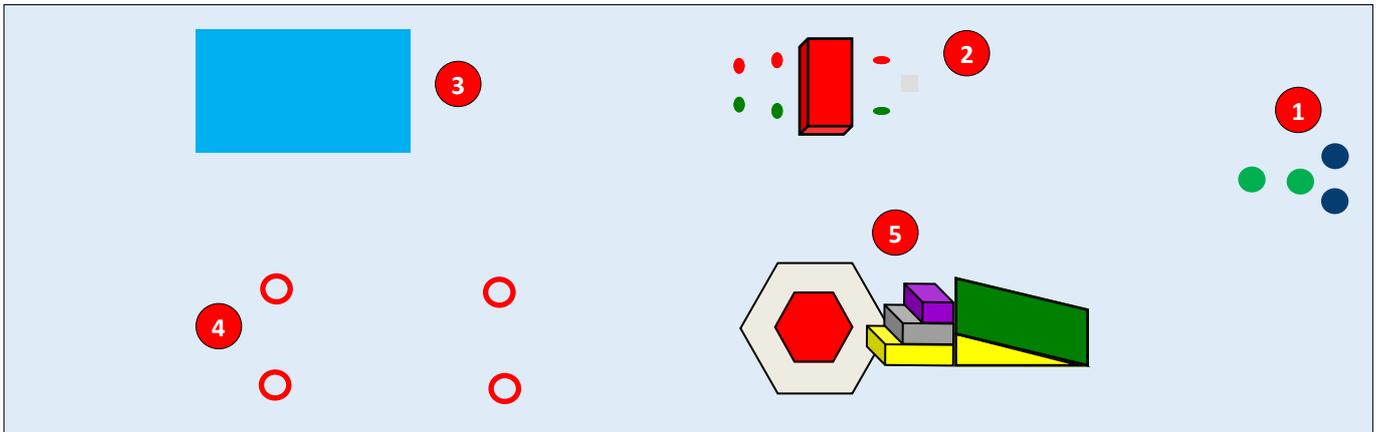
Fungym

Lesson Plan

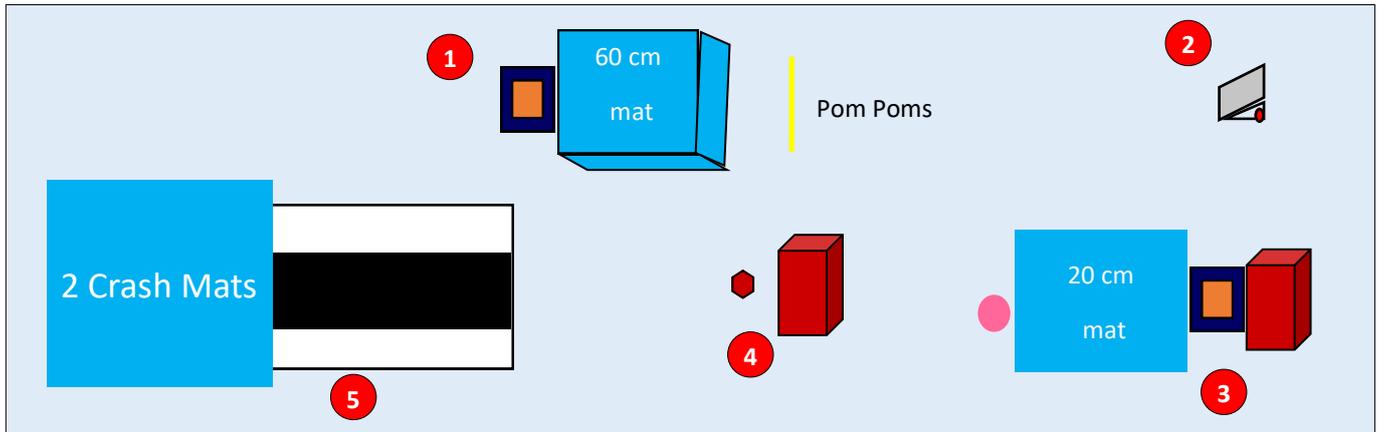
Huon Valley

Week 5 and 6

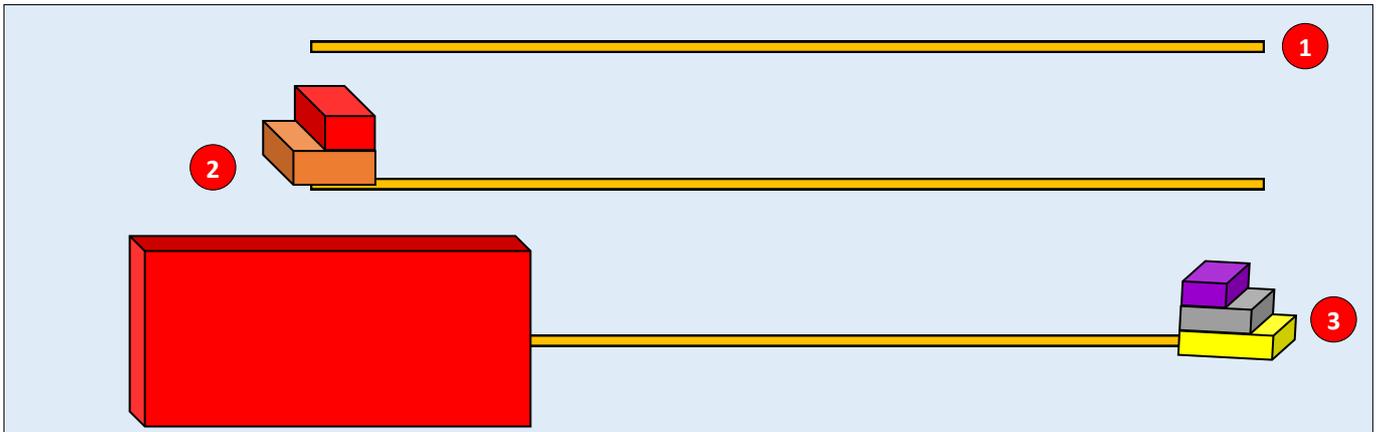
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes</p> <ul style="list-style-type: none"> Tuck Star Rocket Soldier Motorbike Front support Back support Introduce L shape (week 5) Introduce lunge shape (week 6)
<p>Tips</p>	<p>You can try saying the shapes and look for the strongest or fastest shape. Other coaches also need to be on the lookout for children arriving late and assist them to join in Ensure gymnasts are well spread out on the line May need to repeat each activity several times</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>



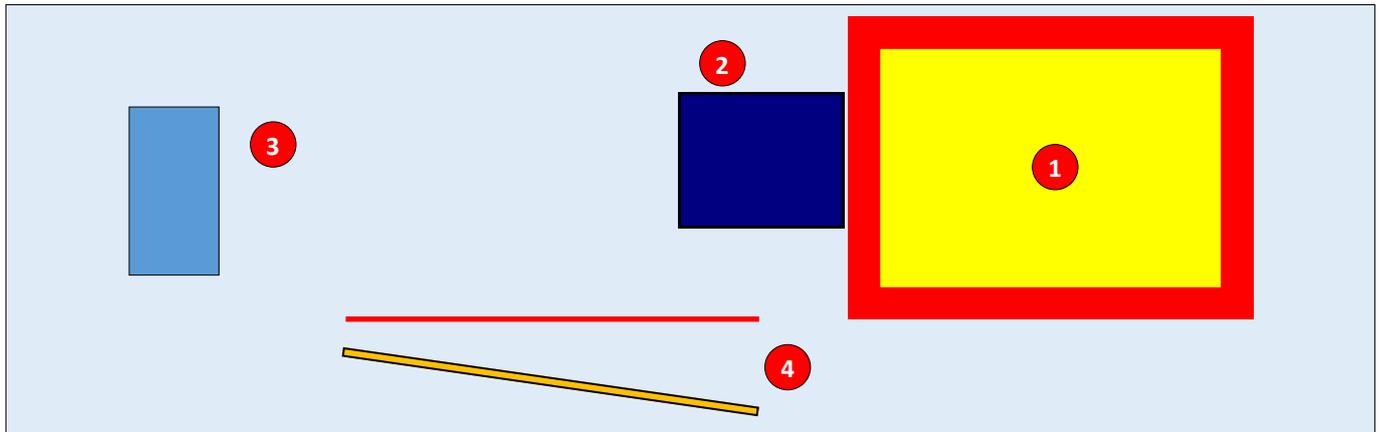
1.	<ul style="list-style-type: none"> a. Starting with hands on feet shapes, 3 hops on 1 leg b. From lunge position, place hands on hand shapes 3 small hops on 1 leg c. From lunge position, place hands on hand shapes 3 small hops on 1 leg return to finish in lunge on feet shapes
Extension	<ul style="list-style-type: none"> a. From lunge position, place hands on hand shapes 3 small hops on 1 leg return on third hop try to get back leg to hit the wall to finish in lunge on feet shapes b. From lunge position, place hands on hand shapes 3 small hops on 1 leg return on third hop try to make handstand against the wall to finish in lunge on feet shapes c. From lunge position, handstand against the wall hold 5 seconds step down to lunge position
Tips	<p>Must keep arms straight throughout the handstand Ask gymnasts to keep a straight body and straight legs through out</p>
2.	<ul style="list-style-type: none"> a. Rocket, Mini cartwheel over foam shape using hand and feet markers finish in star shape b. Rocket, Cartwheel over foam shape using hand and feet shapes c. Rocket, cartwheel using hands and feet shapes
Tips	<p>Wait until the person in front is finished prior to starting</p>
3.	<ul style="list-style-type: none"> a. Forward roll to tuck shape count to 3 b. Forward roll to L-Shape count to 3 c. Forward roll to rocket shape with foam between feet
Tips	<p>Place the back of neck on the ground not the top of the head on ground when doing forward rolls Place hands close to feet</p>
4.	<ul style="list-style-type: none"> a. Lying on yellow line, log roll with foam above head from to the other line b. Lying on yellow line, log roll with foam above head and foam between feet c. Lying on yellow line, log roll with foam above head and foam between feet, without foam touching the ground
Tips	<p>Keep arms and legs straight Gymnasts to pass foam back to next person (not throw)</p>
5.	<ul style="list-style-type: none"> a. Crawl through the cylinder, climb the stairs, log roll down hill b. Crawl through the cylinder, climb the stairs, forward roll down hill c. Crawl through the cylinder, climb the stairs, straddle forward roll down hill



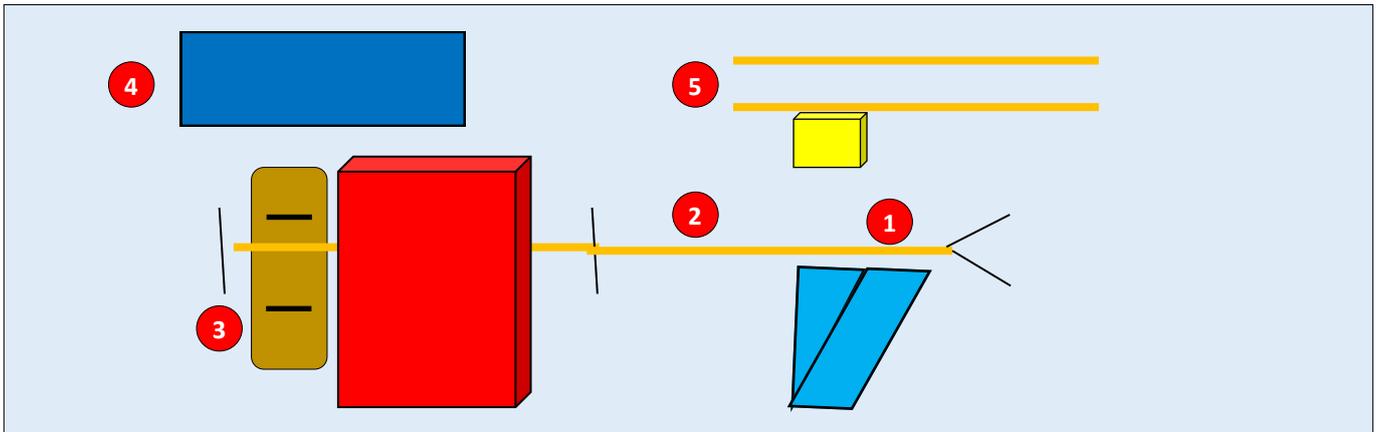
1.	<ul style="list-style-type: none"> a. Jump onto box, forward roll b. Hands on box, bunny hop feet onto box, forward roll c. Hands on box, 3 bounces forward roll
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp
2.	<ul style="list-style-type: none"> a. Run with pompom in hands and jump to land in superman take-off on feet markers on spring board, stop throw the pompoms up in the air as high as possible b. Run with pompom in hands and jump to land in superman take off on feet markers on spring board, immediate jump off and throw the pompoms up in the air as high as possible c. Run with pompom in hands and jump to land in superman take-off on feet markers on spring board, immediate star jump off and throw the pompoms up in the air as high as possible
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>
3.	<ul style="list-style-type: none"> a. Holding foam block in hands 1 bounce on mini tramp land in motorbike stop egg roll sideways, shoot for bucket b. Holding foam block in hands 1 bounce on mini tramp land in motorbike immediate egg roll sideways, shoot for bucket c. Holding foam block in hands 1 bounce on mini tramp star jump, land in motorbike immediate egg roll sideways, shoot for bucket
Tips	<p>1 shot at target only</p> <p>Return the foam block to the next person</p>
4.	<ul style="list-style-type: none"> a. Jump off box backwards to land in motorbike b. Jumping off box backwards, land in motorbike fall rock backwards without hands touching the ground c. Facing forward ½ turn Jumping of box with foam between feet, land in motorbike fall rock backwards without hands touching the ground
Tips	Show motorbike shape prior to falling
5.	<ul style="list-style-type: none"> a. Jump along double mini tramp, star jump off to land in motorbike. b. Jump along double mini tramp, tuck jump off to land in motorbike. c. Jump along double mini tramp, half turn off to land in motorbike.



1.	<ul style="list-style-type: none"> a. Walking forwards with marker cone on head b. Step dips forward with marker cone on head c. Step kicks with marker cone on head
Extension	<ul style="list-style-type: none"> a. Step kicks with straight legs and marker cone on head b. Step kicks to the middle step forward kneeling on beam placing back knee on the beam with marker cone on head c. Step kicks to the middle step forward kneeling scale on beam with marker cone on head
Tips	<p>Wait until the person in front is half way along the beam before starting</p> <p>Who can jump off the beam and keep the cone on their head</p>
2.	<ul style="list-style-type: none"> a. Step over foam blocks on beam, b. Mini leap over foam blocks on beam (show airtime) c. Jump over foam blocks on beam
3.	<ul style="list-style-type: none"> a. Walking forwards, throw and catch the bean bag b. Walking sideways throw and catch the bean bag c. Walking backwards throw and catch the bean bag
Tips	<p>Do not climb under beams to get your bean bag</p>



1.	<ul style="list-style-type: none"> a. 3 star jumps, 3 tuck jumps land in motorbike shape b. Perform routine with no additional in between bounces, 2 Tuck jumps, seat drop c. Perform routine with no additional in between bounces, Tuck jump, star jump, seat drop
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 up onto mat land forward roll on mat b. Standing on tramp with hands on mat, 3 bounces, forward roll onto mat c. Standing on tramp, 3 bounce, forward roll onto mat
Extension	<ul style="list-style-type: none"> a. Forward roll with straight arms to finish lying on back b. Forward roll with straight arms and legs to finish lying on back c. Bounce to handstand flat back onto mat
Tips	Wait until the person in front is off the mat prior to starting
3.	<ul style="list-style-type: none"> a. Throw and catch foam block b. Throw, clap and catch the foam block c. Throw, forward roll and catch the foam block
4.	<ul style="list-style-type: none"> a. With hands on Velcro line and feet on the beam sideways as far as you can. b. Walking sideways with bean bag on back



1.	<ul style="list-style-type: none"> a. Step 1 foot onto box kick legs up to bar to hang upside down b. Step 1 foot onto box kick pullover with assistance c. 1 step on box kick over pullover to front support
Extension	<ul style="list-style-type: none"> a. Step pullover without box b. Step pullover with straight legs c. Hang chin up pullover
Tips	When children get to front support, test how tight they can keep their feet together
2.	<ul style="list-style-type: none"> a. March hands on 1 rail 5 times b. From hanging on 1 rail turn hands to reverse grip and back to top grip c. From hanging on 1 rail turn hands to reverse grip and back to top grip with bean bag between feet
Tips	Ensure gymnasts fall backward without hands touching the ground
3.	<ul style="list-style-type: none"> a. 3 small swings on high bar to motorbike land on stop sign fall rock backwards b. 3 swing on high bar with regrip to motorbike land on stop sign fall rock backwards c. 3 swing on high bar with regrip and foam between feet to motorbike land on stop sign fall rock backwards
Tips	High bar down low Remind student not to put hands down when falling backwards
4.	<ul style="list-style-type: none"> a. From motorbike, fall rock backwards without hands touching the ground b. From rocket jump motorbike, fall rock backwards without hands touching the ground c. From ½ turn motorbike, fall rock backwards without hands touching the ground
5.	<ul style="list-style-type: none"> a. Jump to front support x 3 with foam between feet b. Jump to front support x 3 with foam between feet, swing legs back and forward x 3 in support c. Jump to front support x 3 with foam between feet, swing legs back and forward x 3 in support, forward roll to hang
Tips	1 gymnast at a time on bars Can you jump to front support with straight arms

Safe Falling Activities

Safe Falling Backwards

Coach to demonstrate safe falling backwards

Start in squat shape with arms across body, fall backwards, keeping arms across body, chin tucked in and back rounded, finish sitting in tuck shape

Group Activity safe falling backward activity

Get gymnasts to sit on the line facing coach

Standing in motor bike on line, on instructors call sit down and tuck rock backwards without hands touching the ground

Ask gymnasts to perform this at the same time as the coach

Tap gymnasts on the shoulder and ask them to perform the activity

Ask gymnasts to perform activity one at a time starting from one end (Mexican wave)

Ask gymnasts to perform activity with eyes closed

Start standing with small jump to land in motorbike

Safe Falling Forwards

Coach to demonstrate

Start kneeling with a straight body from knees to shoulders, fall forwards, catching the ground, simultaneously bending elbows and turning head to the side, body must finish flat on the ground with elbows high

Group Activity safe falling backward activity

Get gymnasts to sit on the line facing coach

Kneeling, safely fall forwards on coaches instruction

Ask gymnasts to perform this at the same time as the coach

Tap gymnasts on the shoulder and ask them to perform the activity

Ask gymnasts to perform activity one at a time starting from one end (Mexican wave)

Ask gymnasts to perform activity with eyes closed

Start standing with small jump to land in motorbike