



**gymsports**

LEARN TO GYM

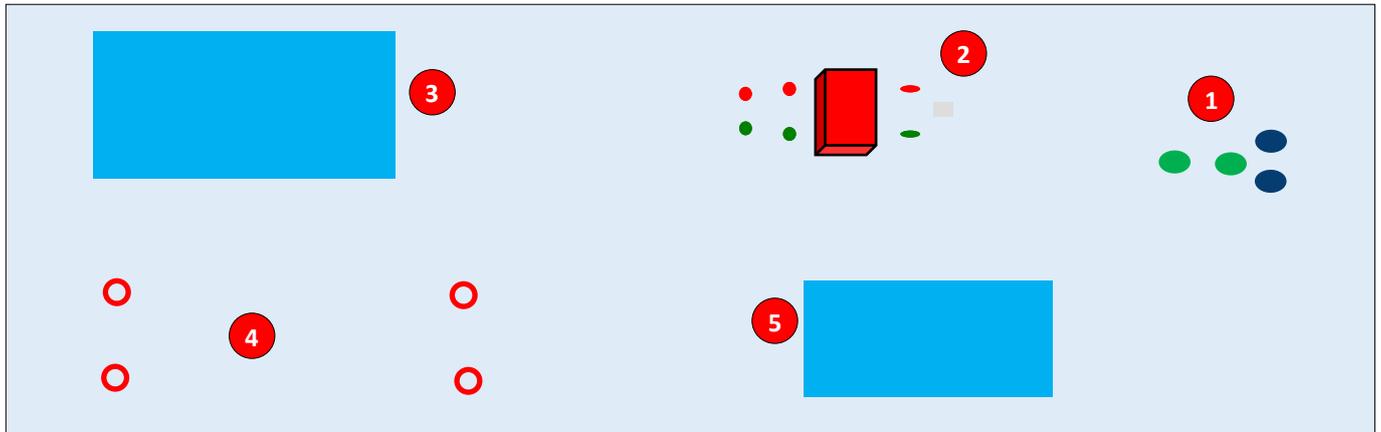
# Fungym

## Lesson Plan

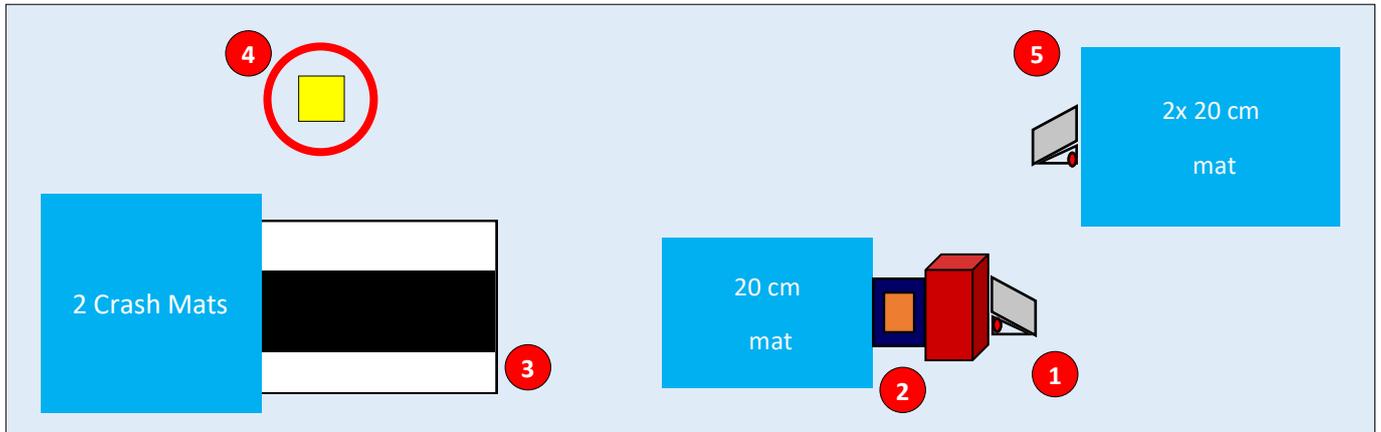
**Huon Valley**

**Week 7 and 8**

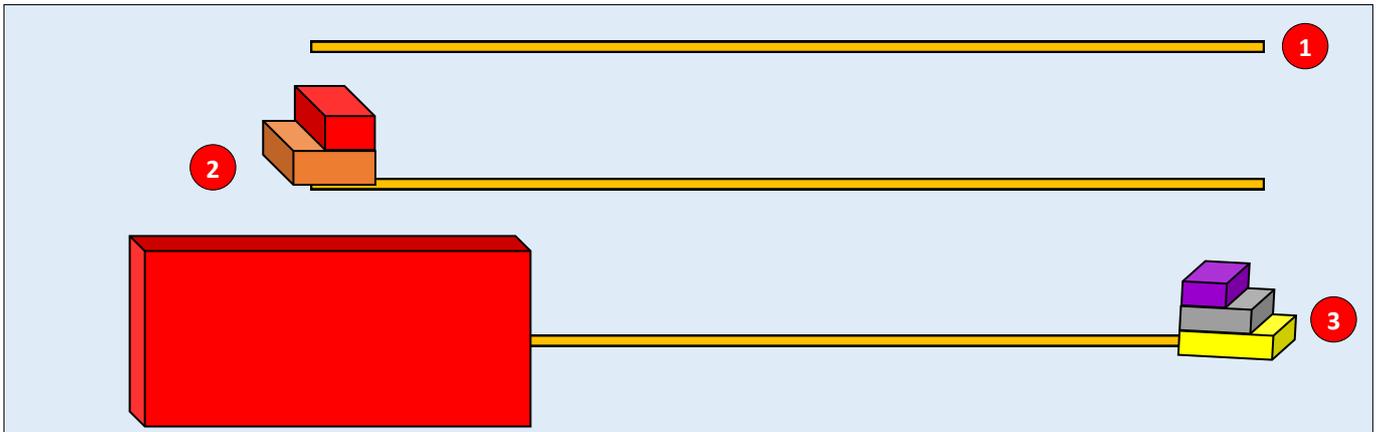
<p><b>Introduction</b></p>	<p>Ask all children to make their way down to the mats                  Introduce coaches and trainee coaches                  Explain and demonstrate the following shapes                  Tuck                  Star                  Rocket                  Soldier                  Motorbike                  Front support                  Back support                  L shape                  Lunge                  Introduce Arabesque (week 7)                  Introduce Candlestick Shape (week 8)</p>
<p><b>Tips</b></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><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>



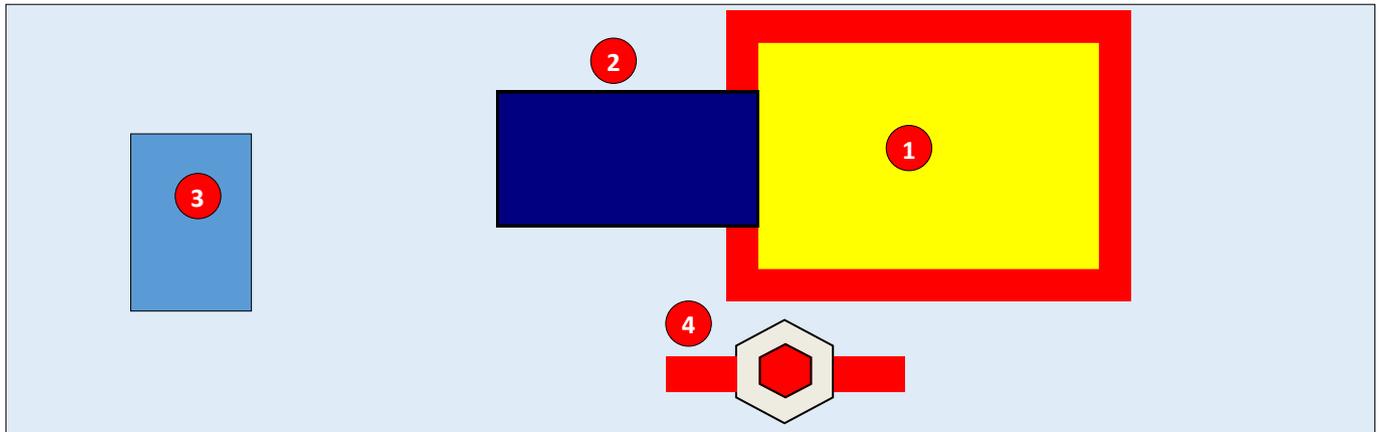
1.	<ul style="list-style-type: none"> <li>a. Place hands on yellow line, 3 x ¾ handstand with straight arms</li> <li>b. Place hands on yellow line, 3 x ¾ handstand with straight arms and straight back leg</li> <li>c. Place hands on yellow line, 3 x ¾ handstand with straight arms and straight back leg on 3rd hop try to get back leg to touch the wall</li> </ul>
Tips	<p>Must keep straight arms through out</p> <p>Ask gymnasts to start with hands on yellow line</p> <p>Gymnasts must look between fingers</p> <p>Can be spotted by placing one hand on gymnasts shoulder and one hand on the gymnasts straight leg</p>
2.	<ul style="list-style-type: none"> <li>a. Rocket, mini cartwheel over foam shape</li> <li>b. Rocket, mini cartwheel using curved line to finish in star shape</li> <li>c. Rocket, cartwheel with straight legs using curved line to finish in star shape</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Rocket cartwheel on a straight line with straight legs to finish in star shape</li> <li>b. Rocket cartwheel on a line to finish standing facing the direction they came from</li> <li>c. Rocket cartwheel on a line with T hand shape position on the floor</li> </ul>
Tips	<p>Wait until the person in front is finished prior to starting</p> <p>Activities should be performed with straight arms</p>
3.	<ul style="list-style-type: none"> <li>a. Forward roll with bean bag between legs to finish in tuck shape</li> <li>b. Forward roll with bean bag between legs to finish in tuck, rock back to candlestick</li> <li>c. Forward roll with bean bag between legs, rock back to candlestick and stand to rocket</li> </ul>
Tips	<p>Gymnasts to place hands close to their feet and tuck head under</p> <p>Return bean bag to next person</p>
4.	<ul style="list-style-type: none"> <li>a. Choose an animal walk card to perform to the other yellow line</li> <li>b. Choose an animal walk card to perform backwards to the other yellow line</li> </ul>
Tips	<p>At the end ask all the children to see if they can make up their own animal walk, you can try to guess it</p>
5.	<ul style="list-style-type: none"> <li>a. Throw dice to get a shape and perform forward roll starting in that shape</li> <li>b. As above starting and finishing in that shape</li> <li>c. As above choosing a different shape to start and finish in</li> </ul>
Tips	<p>Encourage gymnast to pick different shapes each time</p>



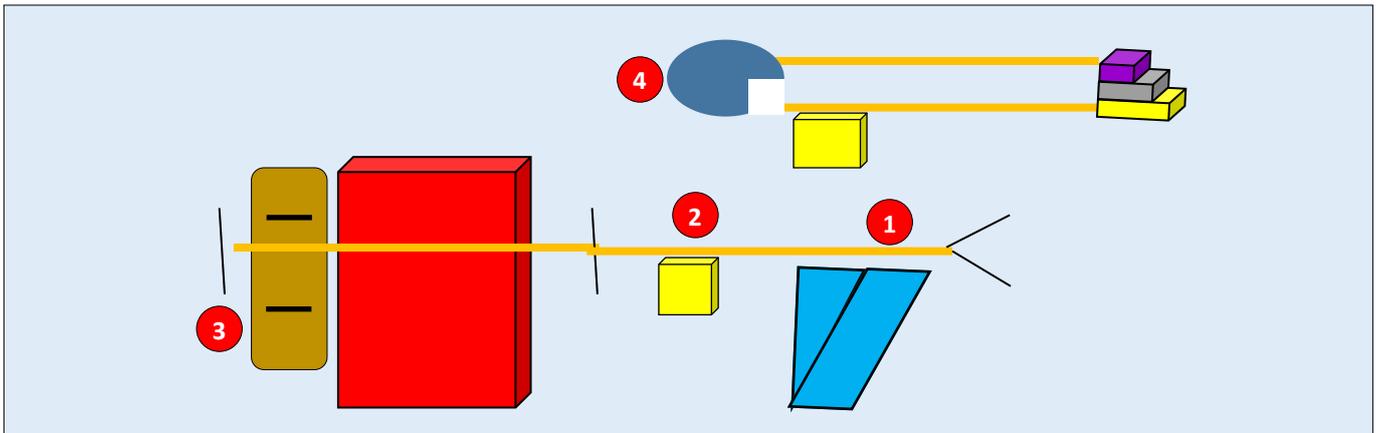
1.	<ul style="list-style-type: none"> <li>a. Run jump 2 feet onto board land in spring shape count to 3, rocket jump 2 feet onto box</li> <li>b. Run jump 2 feet onto board immediate straight jump up onto box</li> <li>c. Run jump 2 feet onto board immediate tuck jump onto box</li> </ul>
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp
2.	<ul style="list-style-type: none"> <li>a. 1 bounce on trampoline to land in motorbike shape on the mat with foam between feet</li> <li>b. 1 bounce on trampoline, tuck jump off to land in motorbike shape on the mat with foam between feet</li> <li>c. 1 bounce on trampoline, ½ turn jump off to land in motorbike shape on the mat with foam between feet</li> </ul>
Tips	Ask gymnasts to land 2 feet together on the board Wait at the yellow line until the person in front has finished that activity
3.	<ul style="list-style-type: none"> <li>a. 3 Rocket bounces on Mini tramp, rocket jump off to land in motorbike shape on stop sign</li> <li>b. 3 Rocket bounces on Mini tramp, Tuck jump off to land in motorbike shape on stop sign</li> <li>c. 3 Rocket bounces on Mini tramp, ½ turn jump off to land in motorbike shape on stop sign</li> </ul>
Tips	Give the foam back to the next person
4.	<ul style="list-style-type: none"> <li>a. Front support with feet on small box hands on circle count to 5</li> <li>b. Front support with feet on small box walk hands ½ way around circle</li> <li>c. As above with pompom on back</li> </ul>
Tips	After their turn, gymnast to place pompom on the next persons back
5.	<ul style="list-style-type: none"> <li>a. Run jump 2 feet on board stop, jump up to motorbike on mat, forward roll</li> <li>b. Run jump 2 feet on board immediate jump up to motorbike forward roll</li> <li>c. Run jump 2 feet on board immediate forward roll on mat</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Run jump 2 feet on board immediate forward roll on mat with straight arms</li> <li>b. Run jump 2 feet on board immediate forward roll on mat with straight arms and legs</li> <li>c. Run jump 2 feet on board immediate handstand flat back onto mat</li> </ul>
Tips	Wait at yellow line until the person in front is off the mat Hands to touch the mat before forward roll



1.	<ul style="list-style-type: none"> <li>a. Crawling forwards on beam</li> <li>b. Crawling backwards on beam</li> <li>c. Bear walk forwards on beam</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Bear walks backward on beam</li> <li>b. Bunny hops forward on beam</li> <li>c. 1 leg bunny hops forward on beam</li> </ul>
Tips	<p>Wait until the person in front is half way along the beam before starting</p> <p>Ask gymnast to place their thumbs in the middle of the beam and fingers down the side on the beam to hold on.</p>
2.	<ul style="list-style-type: none"> <li>a. Ask the children to invent their own animal walk to perform along the beam, they have to come up with a new animal each time. E.g. jumping like a kangaroo</li> </ul>
3.	<ul style="list-style-type: none"> <li>a. Walking forwards in middle of beam balance on 1 leg for 3 seconds</li> <li>b. Walking forwards in middle of beam arabesque (scale) for 3 seconds</li> <li>c. Walking backwards, in middle of beam arabesque (scale) for 3 seconds</li> </ul>



1.	<ul style="list-style-type: none"> <li>a. 3 bounce ½ turn, 3 bounces ½ turn</li> <li>b. 3 bounces full turn, 3 bounces full turn</li> <li>c. 3 bounce full turn one way, 3 bounce full turn the other way</li> </ul>
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"> <li>a. Jump up onto hands and knees on mat, forward roll to tuck</li> <li>b. Jump up onto mat, forward roll to tuck</li> <li>c. With assistance forward roll from tramp onto mat</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Forward roll from tramp onto mat</li> <li>b. Forward roll from tramp onto mat, to land in motorbike</li> <li>c. Forward roll from tramp onto mat, grab knees before landing in motorbike</li> </ul>
Tips	Wait until the person in front is off the mat prior to starting
3.	<ul style="list-style-type: none"> <li>a. Throw and catch bean bag</li> <li>b. Throw, clap and catch bean bag</li> <li>c. Throw, forward roll and catch bean bag</li> </ul>
Tips	Wait until the person in front is out of the pit before you get on the bar Dismount on back swing
4.	<ul style="list-style-type: none"> <li>a. Forward roll through the cylinder without touching the sides or the top.</li> </ul>
Tips	Wait until person in front is out of way before starting



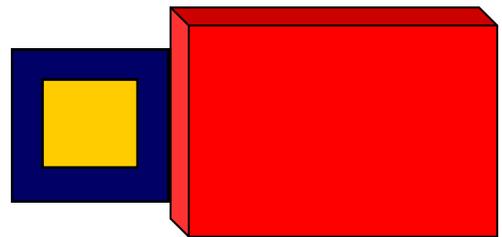
1.	<ul style="list-style-type: none"> <li>a. Walk feet to top of box show a smile count to 3</li> <li>b. Place 1 foot on box kick up as high as possible towards pullover x 3</li> <li>c. Walk feet up box pullover</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Step pullover without box</li> <li>b. Step pullover with straight legs</li> <li>c. Hang chin up pullover</li> </ul>
Tips	When children get to front support, test how tight they can keep their feet together
2.	<ul style="list-style-type: none"> <li>a. Front support on bars spotted forward roll to hang</li> <li>b. Front support on bars, 3 small cast swings forward roll to hang</li> <li>c. Front support on bars 3 casts to get hips off bars, forward roll to tuck hang</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Front support on bars 3 casts with straight legs to get hips off bars forward roll to L-hang</li> <li>b. Front support on bars 3 casts with straight legs to get hips off bars forward roll to L-hang, lift straight legs to touch feet on bar</li> <li>c. Front support on bars 3 casts with straight legs to get hips of bars forward roll to L-hang, lift straight legs to pullover the bars</li> </ul>
Tips	<p>Gymnasts must roll hands around the bar when rolling</p> <p>If gymnasts are afraid to roll over the bar, give students an alternative activity</p> <p>1 person at a time on bars</p>
3.	<ul style="list-style-type: none"> <li>a. 3 swings on high bar with foam between feet to land on stop sign</li> <li>b. 3 swings on high bar with small regrip to land on stop sign</li> <li>c. 3 swings on high bar with small regrip and foam between feet to land on stop sign</li> </ul>
Tips	<p>Ensure children let go to land on their back swing</p> <p>Give foam to the next person</p> <p>High bar should be down low</p>
4.	<ul style="list-style-type: none"> <li>a. Bear walk along p-bars</li> <li>b. Crab walk along p-bars</li> <li>c. Crab walk backwards along p-bars</li> </ul>

**Mini Tramp:**

Gymnasts to line up at the end of the floor strip behind the velcro line.

When the mat is clear gymnasts run up the wedge and perform jump on the mini tramp, land on mat.

- \* Rocket jump to catch a piece of foam thrown by coach
- \* Tuck jump to catch a piece of foam thrown by coach
- \* Star jump to catch a piece of foam thrown by coach
- \* Rocket jump to throw a piece of foam to a basketball hoop
- \* Tuck jump to throw a piece of foam to a basketball hoop
- \* Star jump to throw a piece of foam to a basketball hoop
- \* Jump to touch a noodle (coach to hold noodle just above head height)
- \* Jump over noodle (coach to hold noodle just higher than the end of the tramp)
- \* Tuck jump over noodle (coach to hold noodle just higher than the end of the tramp)
- \* Star jump over noodle (coach to hold noodle just higher than the end of the tramp)



If you have a smaller group you may want to do each activity twice before moving to the next activity