



***gymsports***

LEARN TO GYM

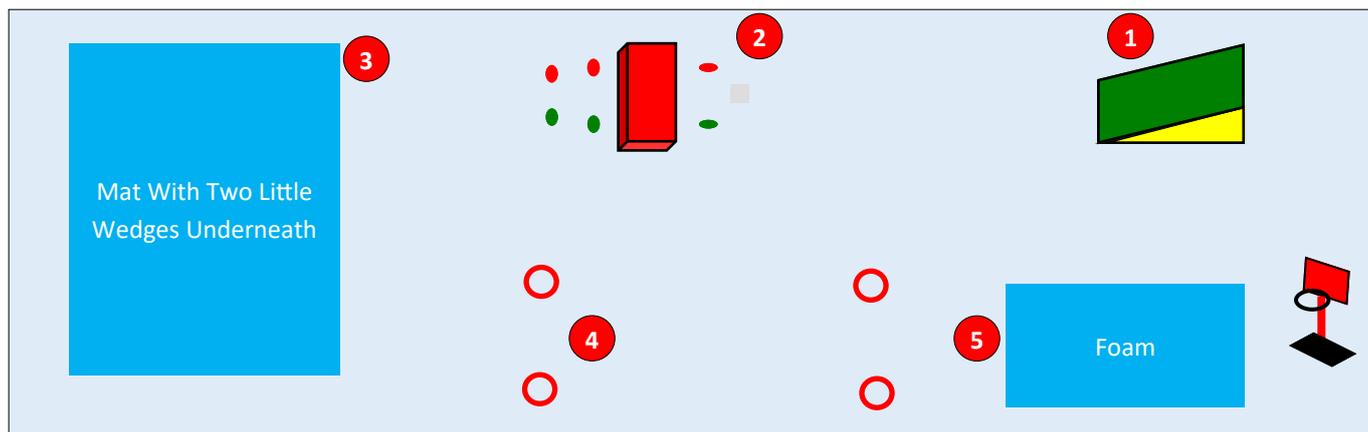
# Gymskills

## Lesson Plan

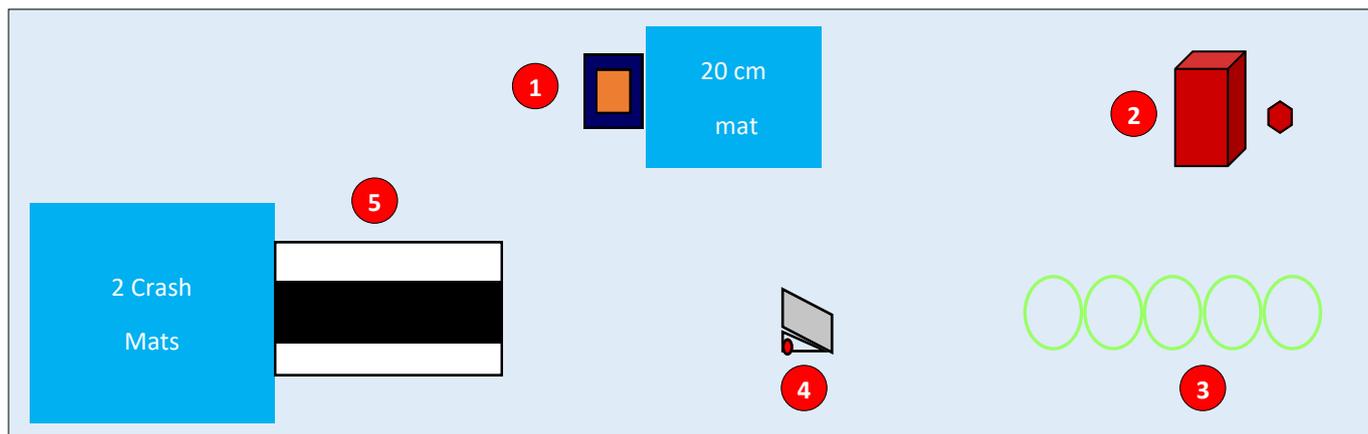
Huon Valley

Week 1 and 2

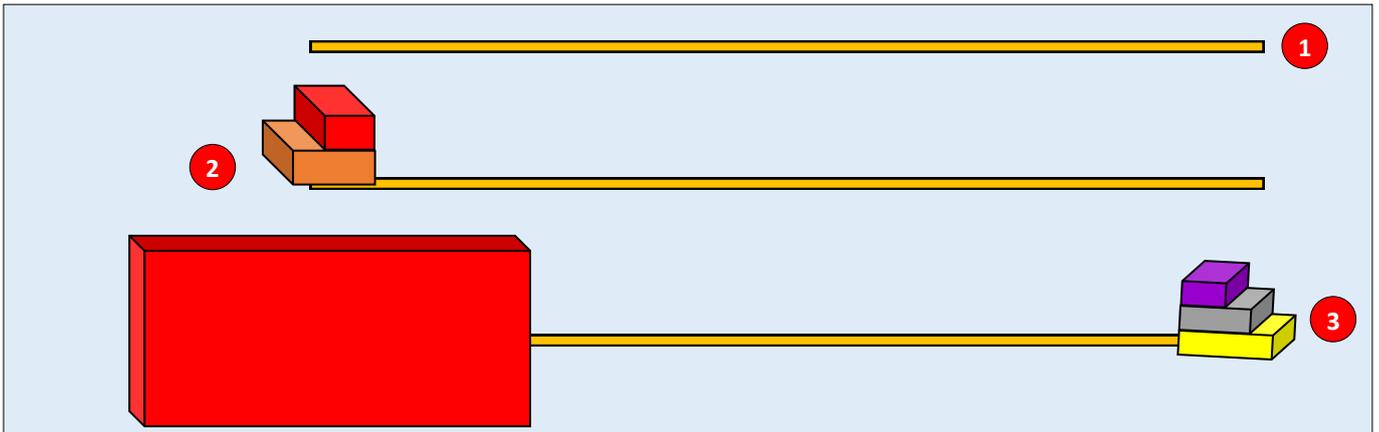
<p><b>Introduction</b></p>	<p>Ask all children to make their way down to the mats                  Introduce coaches and trainee coaches                  Explain and demonstrate the following shapes                      Tuck                      Star                      Rocket                      Soldier                      Motorbike                      Front support                      Back support                  Have the children try making these shapes</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>



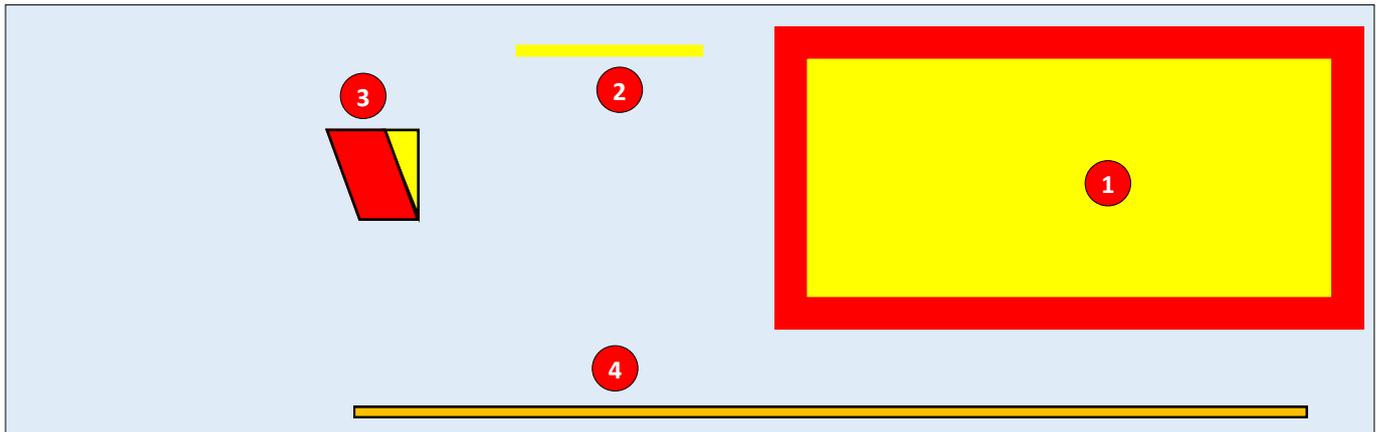
1.	<ul style="list-style-type: none"> <li>a. Forward roll down hill with bean bag under chin to finish in tuck shape</li> <li>b. Bean bag between knees place nose on bean bag forward roll to tuck shape</li> <li>c. Forward roll down hill with bean bag under chin, between feet and knees to stand</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Forward roll to squat (hands on hand shapes) with bean bag under chin and between feet</li> <li>b. As per above add bunny hop at end to stand</li> <li>c. Double forward roll with bean bag under chin and between feet to finish in squat</li> </ul>
Tips	<p>Place the back of neck on the ground not the top of the head on ground when doing forward rolls                  If the child is uncertain about forward rolls, let them do a rocking or an egg roll activity                  Ensure person in front is off the activity before starting</p>
2.	<ul style="list-style-type: none"> <li>a. From rocket, mini cartwheel over foam shape using hand and feet markers finish in star shape</li> <li>b. From presentation, rocket, mini cartwheel using hand and feet markers to finish in star shape</li> <li>c. From presentation, rocket, cartwheel on the line</li> </ul>
Tips	<p>Ask children to make a strong presentation shape (Girls—letter Y fingers to roof thumb tucked under, Boys—Letter T with strong Karate hands)</p>
3.	<ul style="list-style-type: none"> <li>a. Log roll sideways down the foam shape to land on soggy with foam between feet</li> <li>b. Log roll sideways down the foam shape to land on soggy with foam between feet and arms</li> <li>c. Log roll sideways down the foam shape to land on soggy with bean bag between feet</li> </ul>
4.	<ul style="list-style-type: none"> <li>a. Knees on trolley, front support walk to other line</li> <li>b. Feet on trolley, front support walk to other line</li> <li>c. Feet on trolley, back support walk to other line</li> </ul>
Tips	<p>Must carry the trolley back not throw</p>
5.	<ul style="list-style-type: none"> <li>a. From stand, tuck rock holding foam return to stand shoot for bucket</li> <li>b. As per a) from presentation with bean bag between feet</li> <li>c. Forward roll to tuck shape with foam between feet, shoot for bucket</li> </ul>
Tips	<p>Foam is not allowed to touch the ground                  The tighter you make your tuck shape when standing the easier it is</p>



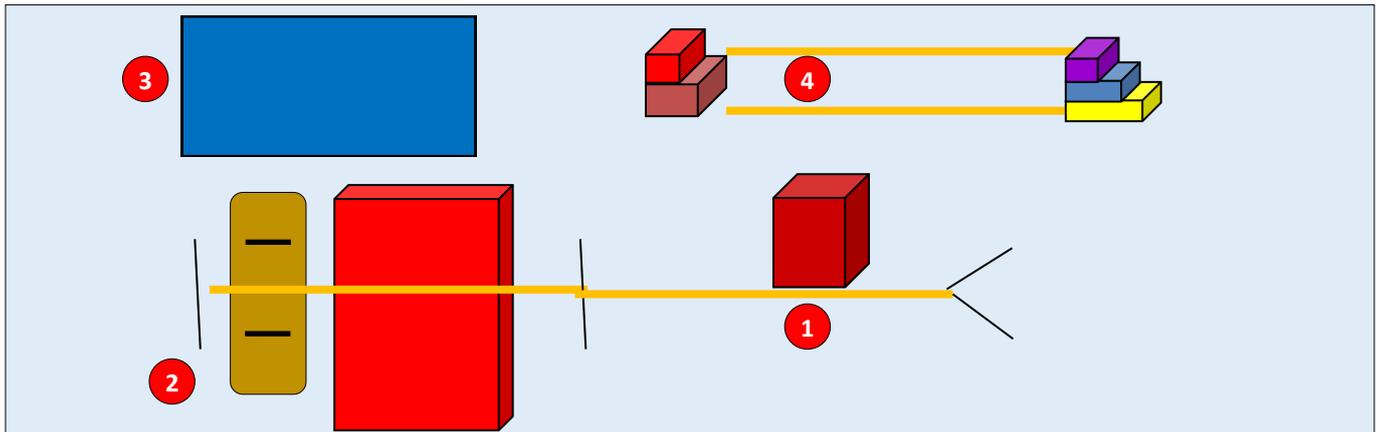
1.	<ul style="list-style-type: none"> <li>a. From mini tramp, tuck jump off to land in motorbike with foam between feet</li> <li>b. From mini tramp, star jump off to land in motorbike with foam between feet</li> <li>c. From mini tramp, ½ turn off to land in motorbike with foam between feet</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. From mini tramp, 1/1 turn off to land in motorbike with foam between feet</li> <li>b. From mini tramp, pike jump off (with straight legs) to land in motorbike with foam between feet</li> <li>c. From mini tramp, ½ turn tuck jump off (touch knees during jump) to land in motorbike with foam between feet</li> </ul>
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp Avoid jumping on the mats of the mini tramp
2.	<ul style="list-style-type: none"> <li>a. Straight jump forwards perfect landing challenge</li> <li>b. Star jump forwards perfect landing challenge</li> <li>c. Backwards jump perfect landing challenge</li> </ul>
Tips	If athletes do not hold a perfect landing then they must join the back of the line and try again. After 3 attempts or a perfect landing, they can move to next activity station
3.	<ul style="list-style-type: none"> <li>a. Hopping forward through the hoops</li> <li>b. Hopping backwards through the hoops</li> <li>c. Hopping backwards through the hoops (one hop only in each hoop)</li> </ul>
Tips	If athlete moves a hoop, they are to put it back in its original place.
4.	<ul style="list-style-type: none"> <li>a. Run and jump to land in motorbike shape on feet markers on spring board, immediate jump off to land in motorbike shape on the floor</li> <li>b. As above but star shape off to land</li> <li>c. As above but tuck shape off to land</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 Ask gymnast to count to 3 when landing in motorbike shape Holding motorbike shape slows the children down and will ensure more class control
5.	<ul style="list-style-type: none"> <li>a. 3 bounces to land in motorbike shape on mat</li> <li>b. 3 bounces, tuck jump to land in motorbike shape on mat</li> <li>c. 3 bounces, star jump to land in motorbike shape on mat</li> </ul>
Tips	Ensure the gymnasts are competent at forward rolls before progressing Wait until the person in front is off the mat prior to going



1.	<ul style="list-style-type: none"> <li>a. Walk forwards</li> <li>b. Walk sideways on toes</li> <li>c. Walking backwards</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Walking backwards on toes</li> <li>b. Step kicks backwards with straight legs</li> <li>c. Step kicks backwards on toes 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 forwards, small throws and catches, throw foam into the bucket</li> <li>b. Walk forwards on toes, throws to head height and catches,</li> <li>c. Jumping forwards with foam, throw and catch foam after each jump</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 forwards</li> <li>b. Walk sideways on toes</li> <li>c. Walking backwards</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. Walking backwards on toes</li> <li>b. Step kicks backwards with straight legs</li> <li>c. Step kicks backwards on toes with straight legs</li> </ul>



1.	<ul style="list-style-type: none"> <li>a. 3 Tuck jumps, 1 seat drop</li> <li>b. 3 Star jumps, 1 seat drop</li> <li>c. 3 Star jumps, 1 straddled seat drop</li> </ul>
Extension	<ul style="list-style-type: none"> <li>a. 3 straddle jumps with straight legs, 1 seat drop</li> <li>b. 3 straddle jumps with straight legs, 1 seat drop, ½ turn on the way up</li> <li>c. 3 straddle jumps with straight legs, 1 seat drop, 1/1 turn on the way up</li> </ul>
Tips	<p>One person at a time on the trampoline, must wait until the person 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"> <li>a. Walk feet up the wall, straight arms and legs, look at toes, hold for 5 seconds</li> <li>b. Walk feet up wall, look at toes and march feet 5 times</li> <li>c. Walk feet up wall, look at toes and march hands 5 times</li> </ul>
3.	<ul style="list-style-type: none"> <li>a. Spotted backward roll down wedge</li> <li>b. Backward roll to finish on hands and knees</li> <li>c. Backward roll to finish in star shape</li> </ul>
4.	<ul style="list-style-type: none"> <li>a. Balance forward on the low beam</li> <li>b. Balance backward along the low beam</li> <li>c. Grapevine along the low beam</li> </ul>



1.	<ol style="list-style-type: none"> <li>a. Jump to front support, forward roll down over bar with bean bag between feet</li> <li>b. Jump to front support, forward roll down over the bar with straight legs and bean bag between feet</li> <li>c. Jump to front support with straight arms, forward roll down over the bars with straight legs and bean bag between feet</li> </ol>
Tips	Gymnast need to roll hands fully around the bar when performing forward roll It is a good idea to spot the forward roll on the gymnasts first go
2.	<ol style="list-style-type: none"> <li>a. Hang on bar try to march on hands x 3 land on stop sign</li> <li>b. 1/2 turn in hang to land on stop sign</li> <li>c. 1/1 turn in hang to land on stop sign</li> </ol>
Extension	<ol style="list-style-type: none"> <li>a. As per c) add leg lifts to tuck shape</li> <li>b. As per c) add lift legs to horizontal to make an L-shape</li> <li>c. As per c) add lift legs to touch the bars, lower to make 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. Lift 1 foot to the bar, hold in hang for 3 seconds</li> <li>b. Lift feet to bar, hang in straddle position for 3 seconds</li> <li>c. Jump to place feet on bar in straddle hang and small swing x 3</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. Full turn
7. Straddle jump
8. Pike jump
9. Jump to catch foam in the air

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

