



gymsports

LEARN TO GYM

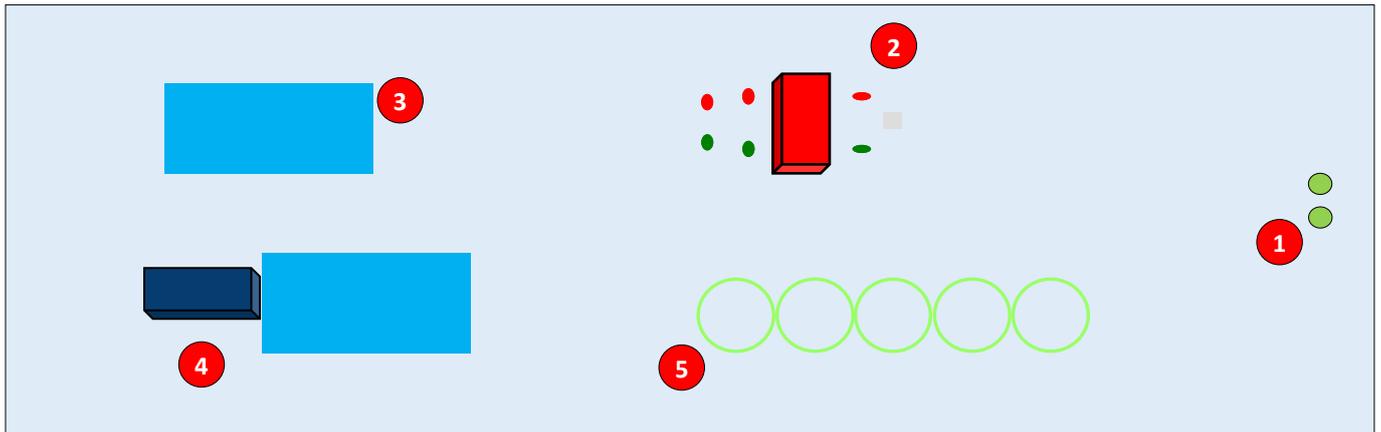
Gymskills

Lesson Plan

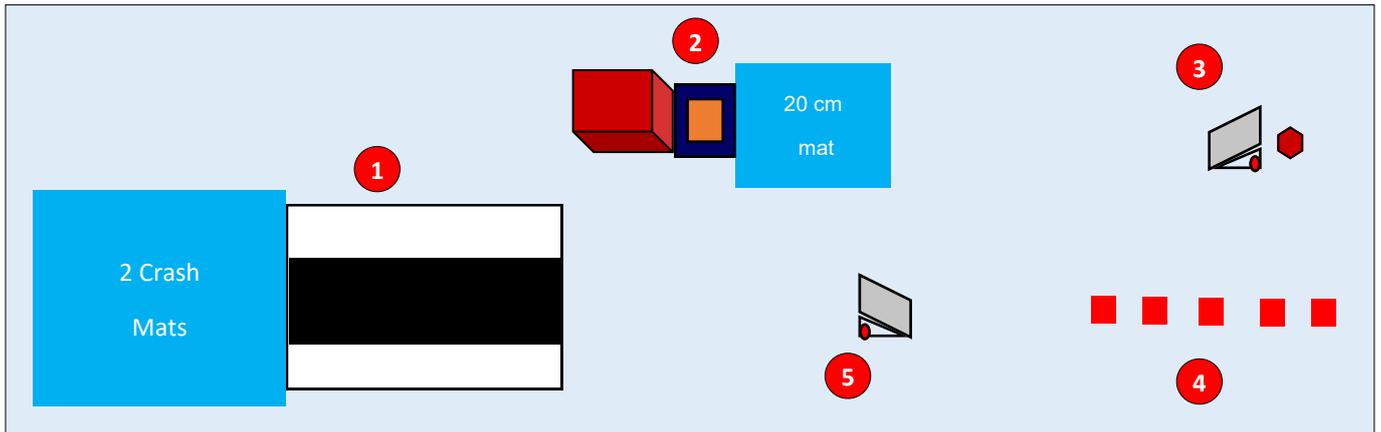
Huon Valley

Week 3 and 4

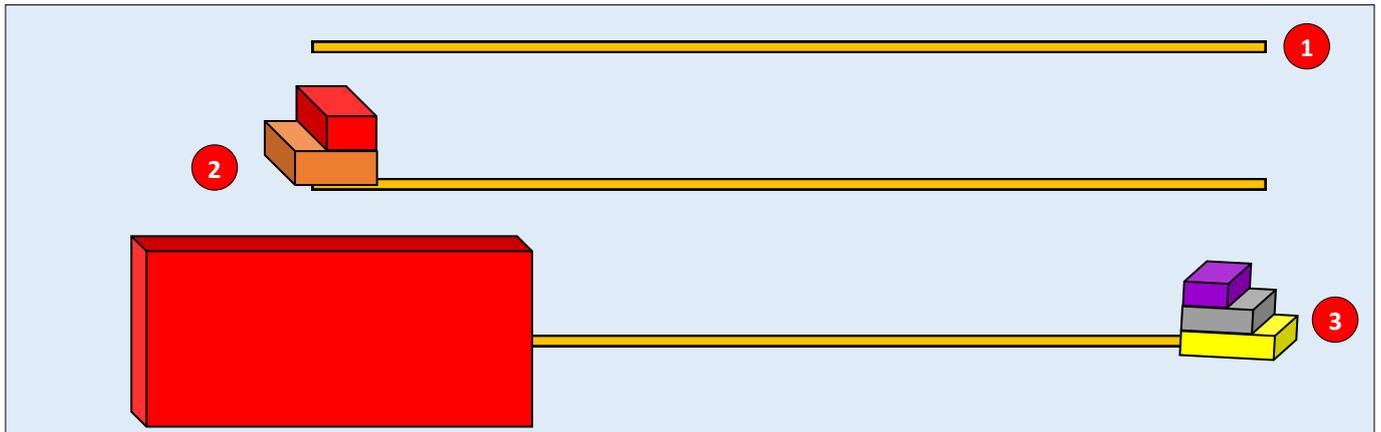
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes Tuck Star Rocket Soldier Motorbike Front Support Back support Introduce L-Sit (week 3) Introduce Presentation Shape (week 4) Have the children try making these shapes</p>
<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>



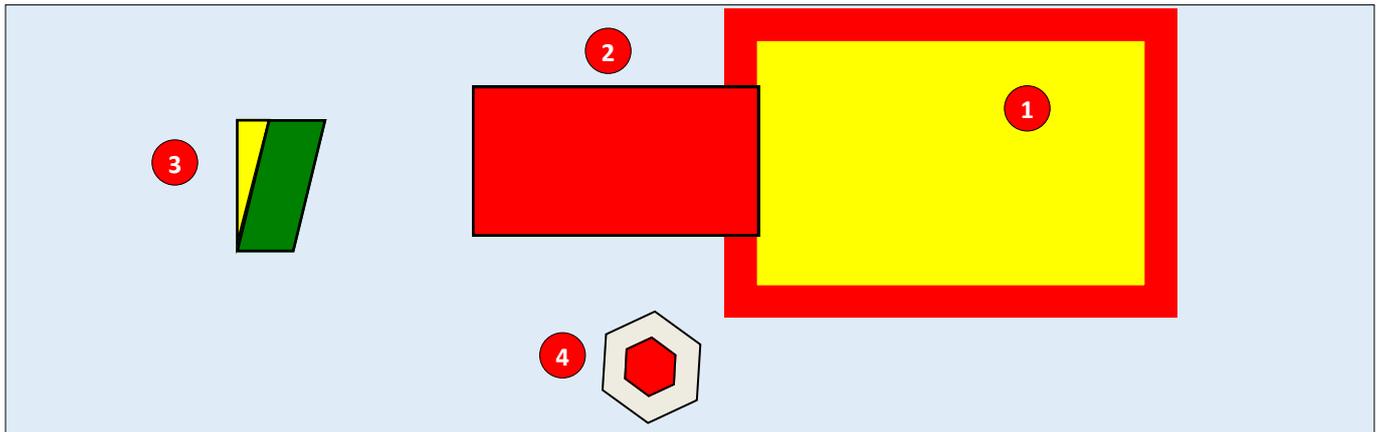
1.	<ul style="list-style-type: none"> a. Walk feet up wall hands to the yellow line, March feet on wall x 5 b. Walk feet up wall hands on yellow line, March on hands x 5 c. Walk feet up wall hands on yellow line, March on hands touching head in between x 5
Extension	<ul style="list-style-type: none"> a. Walk feet up wall hands on yellow line, March on hands touching hip in between x 5 b. Walk feet up wall hands on red line, March on hands touching head in between x 5 c. Walk feet up wall hands on red line, March on hands touching hip in between x 5
Tips	<p>Ask gymnast to look at their feet and have chest in Gymnasts must climb back down onto feet not collapse onto stomach</p>
2.	<ul style="list-style-type: none"> a. From rocket, Mini cartwheel over foam shape with 3 foam blocks on top using hand and feet markers, finish in star shape b. From Presentation, cartwheel using hand and feet markers over 3 foam blocks to finish in star shape c. From Presentation step reach hands over foam blocks cartwheel on the line
Tips	<p>Wait until the person in front is finished prior to starting</p>
3.	<ul style="list-style-type: none"> a. Presentation Forward roll with bean bag under chin to finish in rocket shape b. Bunny hop forward roll with bean bag under chin to finish in L-sit c. Bunny hop forward roll, bunny hop with bean bag under chin to finish in rocket shape
Tips	<p>Ask gymnast to stand without using hands Ask gymnasts to place back of neck on ground when performing forward rolls</p>
4.	<ul style="list-style-type: none"> a. From kneeling on box, place hands on the mat next to the box, tuck head under to perform a forward roll to finish in tuck shape b. As per a) with bean bag between feet to stand. Stand without using hands c. As per a) with bean bag between feet and under chin to stand. Stand without using hands
Tips	<p>Ask gymnast to place their nose on the box as they roll Gymnast need to slide feet off the box</p>
5.	<ul style="list-style-type: none"> a. Bunny hops through the hoops with bean bag between feet b. Place hands in hoops bunny hop either side of the hoop then move hands up to the next hoop and repeat until you reach the end c. As per b) with bean bag between feet
Tips	<p>After their turn they need to give the bean bag back to the next person</p>



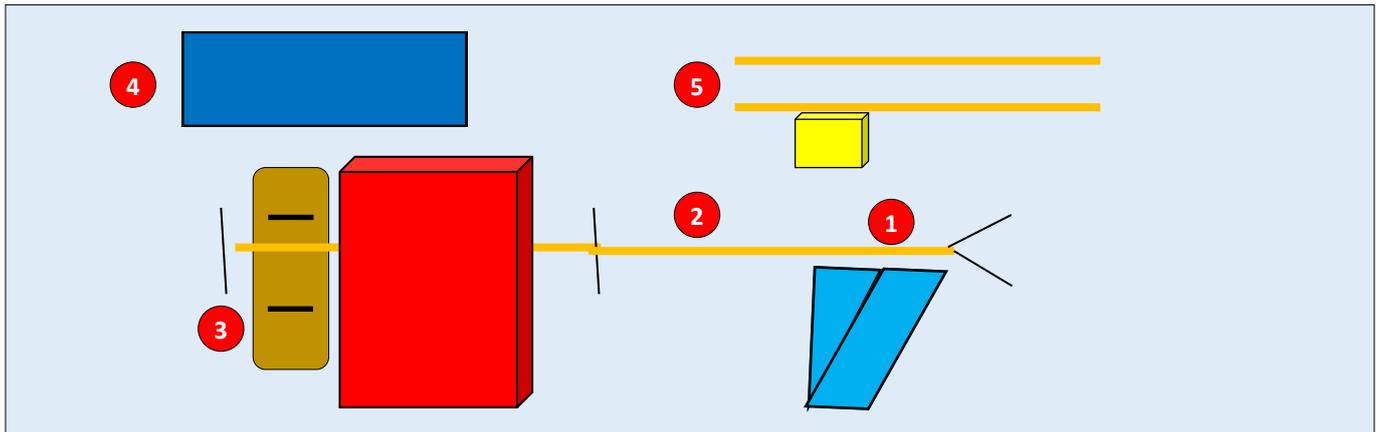
1.	<ul style="list-style-type: none"> a. Standing on mini trampoline with hands on wedge, 3 bounces, forward roll with foam between feet b. Standing on mini trampoline, 3 bounces, forward roll with foam between feet c. Forward roll with straight arms to finish lying on back with foam between feet
Extension	<ul style="list-style-type: none"> a. Forward roll with straight arms and legs to finish lying on back with foam between feet b. Bounce to handstand flat back onto mat with foam between feet c. Spotted flyspring with foam between feet
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the double mini trampoline This activity needs coaches' assistance
2.	<ul style="list-style-type: none"> a. Jump from box 1 bounce, tuck jump to land in motorbike shape on mat b. Jump from box 1 bounce, star jump to land in motorbike shape on mat c. Jump from box 1 bounce, ½ turn to land in motorbike shape on mat
Tips	Ask the gymnasts to imagine the mini trampoline is a hot frying pan, they have to get off it as fast as they can
3.	<ul style="list-style-type: none"> a. Run and jump to land in motorbike shape on feet shapes on springboard, immediate jump off to land in motorbike shape on the box b. Run and jump to land in motorbike shape on feet shapes on springboard, immediate tuck jump off to land in motorbike shape on the box c. Run and jump to land in motorbike shape on feet markers on springboard feet either side of piece of foam, immediate jump off, with foam between feet to land in motorbike shape on the box
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
4.	<ul style="list-style-type: none"> a. Continuous Tuck Jumps over foam blocks with foam between feet b. Star jump over foam shapes to land feet together stop and then repeat c. Hopping over foam blocks
Tips	Try to only do one jump between each foam block
5.	<ul style="list-style-type: none"> a. 3 Rocket jumps with foam between feet and foam above head then rocket jump off to motorbike b. 3 Rocket jumps with foam between feet and foam above head then ½ turn off to motorbike c. 3 Rocket jumps with foam between feet and foam above head then 1/1 turn off to motorbike
Tips	Place the foam on the board after your go Ask who can have the straightest legs and tightest toes when jumping



1.	<ul style="list-style-type: none"> a. Step through hoop lift over head (like skipping) b. Walk sideways rocking hoop on 1 hand c. Walk sideways spinning hoop on 1 hand
Extension	<ul style="list-style-type: none"> a. Walk sideways spinning hoop on 1 hand , then change to the other hand while still spinning, repeat. b. Jump through hoop lift over head Can stop between each go c. Skipping along beam with feet together, continuous
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 Return hoop after your go</p>
2.	<ul style="list-style-type: none"> a. Step kicks forward with Marker cone on head b. Grape vine sideways with Marker cone on head c. Step kicks backwards with Marker cone on head
Tips	<p>Do not climb under beams to get you hoop Return hoop after your go</p>
3.	<ul style="list-style-type: none"> a. Step kicks forward with Marker cone on head b. Grape vine sideways with Marker cone on head c. Step kicks backwards with Marker cone on head



1.	<ul style="list-style-type: none"> a. 3 star jumps, jump full turn b. 3 straddle jumps to touch toes, jump full turn c. 3 pike jumps to touch toes, jump full turn
Tips	<p>Ask gymnasts to do jumps with straight legs and pointed toes</p> <p>One person at a time on the trampoline, must wait to the person is off before you get on</p> <p>Only do activities that instructors ask you to do on trampoline</p>
2.	<ul style="list-style-type: none"> a. Jump forwards to land in motorbike catching foam when landing b. Jump forwards to land in motorbike catching foam when in the air c. Half turn to catch foam in the air
Tips	<p>Thrower Count out loud "1,2,3" and then throw the foam, it may take children a couple of turns, they need to trust that you will throw the foam on "3"</p> <p>Must land feet first, not allowed to land on stomach or head</p> <p>Wait until the person in front is off the mat</p>
3.	<ul style="list-style-type: none"> a. Egg roll down wedge b. Forward roll down wedge c. Backward roll down wedge
4.	<ul style="list-style-type: none"> a. Jump half turn to stick without touching the side of the cylinder. b. Jump full turn to stick without touching the side of the cylinder c. Jump full turn with foam in feet.



1.	<ul style="list-style-type: none"> a. Walk feet up box kick over bar to front support with assistance b. Walk feet up box kick over bar to support c. Chin up to bars, walk feet up box kick over to support
Extension	<ul style="list-style-type: none"> a. As per c) to finish in tuck hang hold 3 seconds b. As per c) to finish in L-hang hold 3 seconds c. As per c) to finish in L-hang then try chin up pullover without touching the ground
Tips	<p>This activity needs to be spotted Raise the ground so the bar is at their chest height</p>
2.	<ul style="list-style-type: none"> a. From hang on low bar, lift feet onto bar and count to 3 b. From hang on low bar, lift feet onto bar, legs apart and straight in straddle c. As per b) with legs close to hands
Tips	<p>This activity needs to be spotted Raise the ground so the bar is at their chest height</p>
3.	<ul style="list-style-type: none"> a. 5 swings on high bar landing on backswing b. 5 swings with re-grips landing on backswing c. 5 swings with re-grips with straight legs throughout landing on backswing
4.	<ul style="list-style-type: none"> a. From L-Sit with bean bag between feet, rock back to candle stick drop bean bag into hands b. As above but start in stand and squat c. As above but start in stand fall back with straight legs to candle stick
Tips	<p>Try to make a tall candle stick shape When falling from feet, must make strong rounded shape when falling</p>
5.	<ul style="list-style-type: none"> a. Front support on bars march on hands x 5 casts off to stand b. Front support on bars march hands to reverse grip and back, cast off to stand c. As above with foam between feet
Tips	<p>Gymnast is not to let go of bar until feet are on the ground Bars should be at chest height</p>

Partner Balances



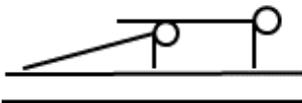
Do this activity with hands on the ground behind them first
 When doing this activity start holding hand and lift 1 leg at a time
 Try doing this balance with leg in a straddled V –sit position



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 hands on their partners feet

One gymnast makes front support with partner to make a front support placing feet on their partners shoulders

Partner balance races

1 partner makes a star shape. When instructor says go the other partner needs to crawl under them x 10, 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 5, then swap over and repeat. When finished sit in tuck shape.