



gymsports

LEARN TO GYM

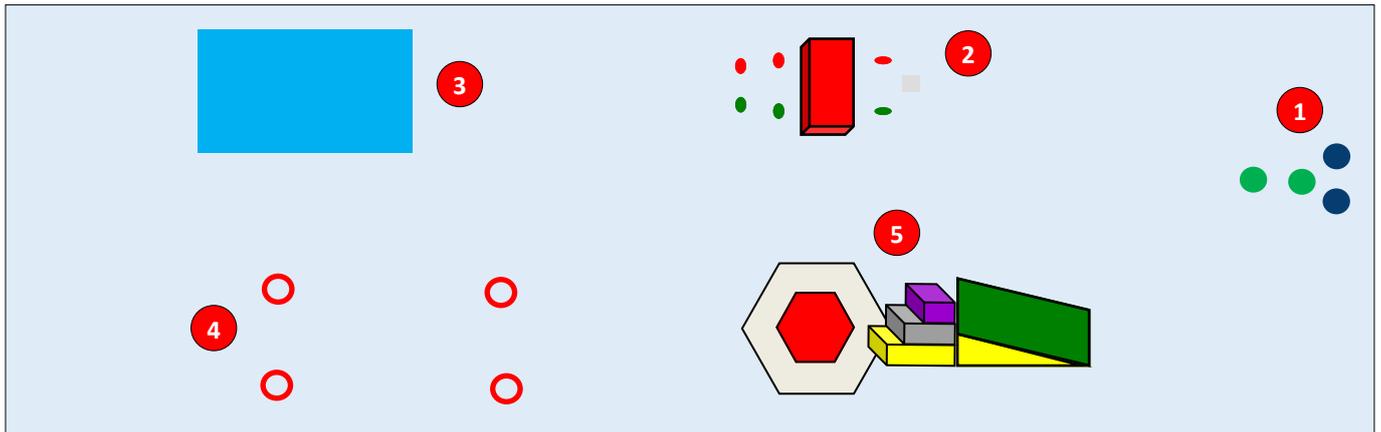
Gymskills

Lesson Plan

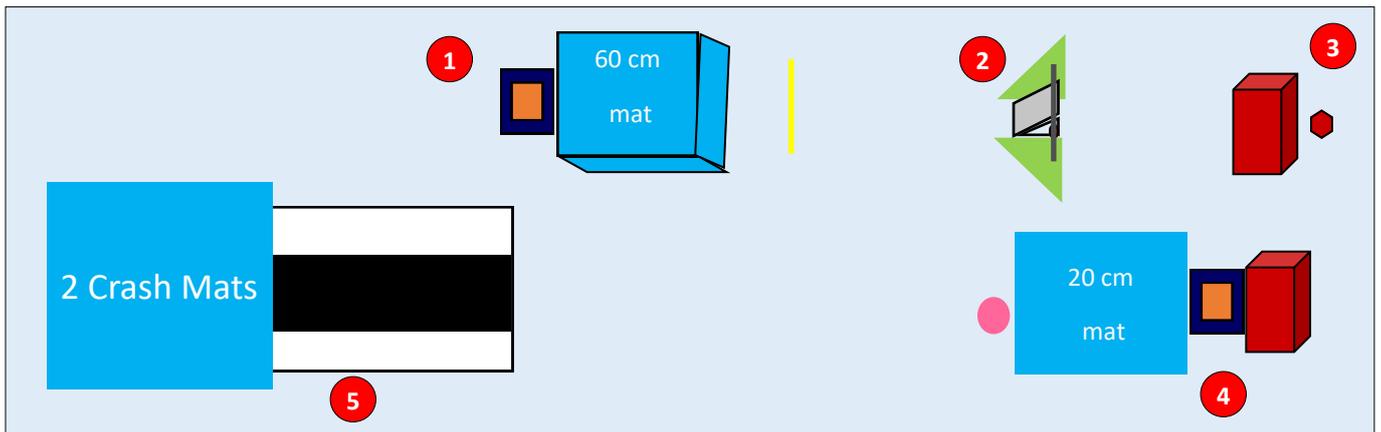
Huon Valley

Week 5 and 6

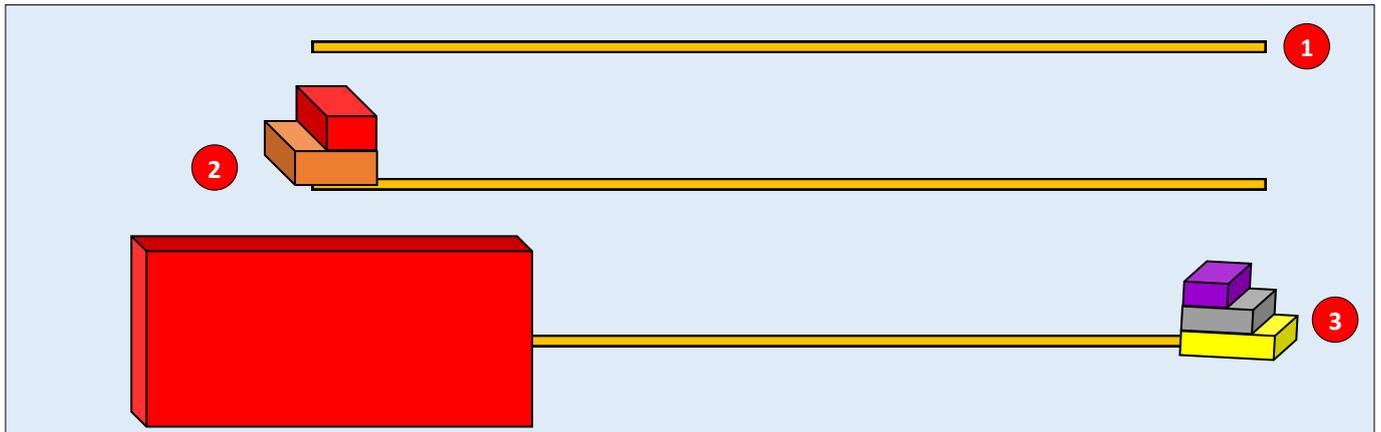
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes</p> <ul style="list-style-type: none"> Tuck Star Rocket Soldier Motorbike Front Support Back support L-Sit Presentation Shape Introduce Lunge (week 5) Introduce Arabesque (week 6) <p>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>



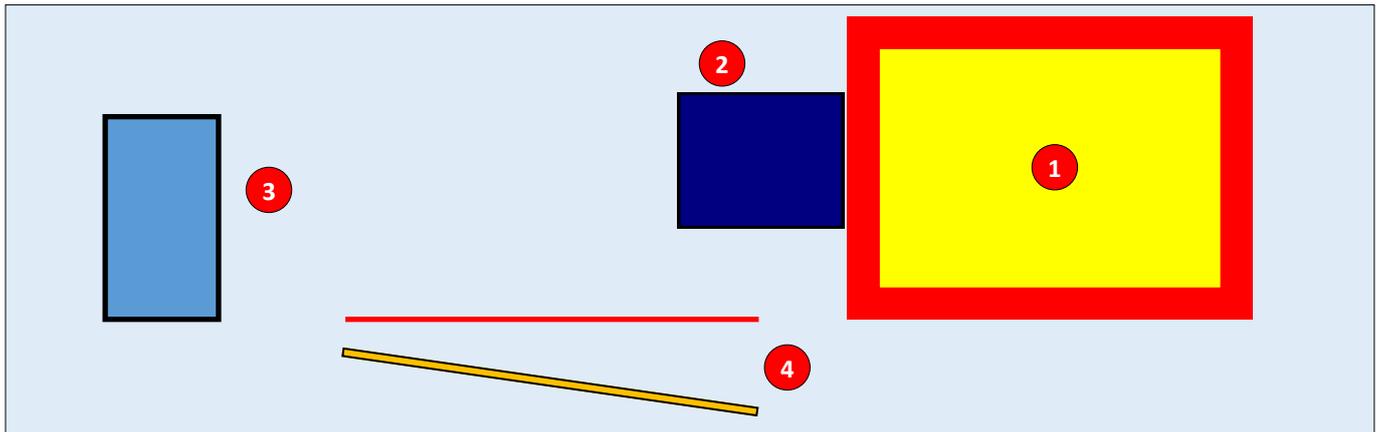
1.	<ul style="list-style-type: none"> a. From lunge position, place hands on hand shapes 3 small hops on 1 leg return to finish in lunge on feet shapes b. From lunge position, place hands on hand shapes 3 small hops on 1 leg return on third hop try to get back leg to hit the wall to finish in lunge on feet shapes c. 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
Extension	<ul style="list-style-type: none"> a. From lunge position, handstand against the wall step down to lunge position b. From lunge position, handstand against the wall hold 5 seconds step down to lunge position c. From presentation, rocket, lunge position, handstand against the wall hold 5 seconds step down to lunge position
Tips	Gymnast must keep arms straight when doing handstands Aim to keep straight body through out the skill
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 on line between foam shapes c. Presentation, Rocket, 2 cartwheels on the line
Tips	Wait until the person in front is finished prior to starting
3.	<ul style="list-style-type: none"> a. Presentation, forward roll to tuck shape, rock back to candle stick, stand b. Arabesque on 1 leg for 3 seconds, forward roll to L-sit rock back to candle stick stand c. Arabesque on 1 leg for 3 seconds, forward roll to L-sit, rock back to candle stick, stand, rocket jump
Tips	Place the back of neck on the ground not the top of the head on ground when doing forward rolls If gymnasts falls over during arabesque then they must start arabesque counting again
4.	<ul style="list-style-type: none"> a. Lying on yellow line with bean bag between feet and foam above head, log roll to other line without losing bean bag b. Lying on yellow line with bean bag between feet and foam above head, log roll to other line without losing bean bag or letting the ball touch the ground c. Lying on yellow line with bean bag between feet and foam above head, seal roll to other line without losing or letting bean bag or ball touch the ground
Tips	Return the bean bag and ball to the next person If you loose the bean bag or ball that is the end of your go
5.	<ul style="list-style-type: none"> a. Crawl through cylinder, up the stairs, forward roll down hill b. Crawl through cylinder, up the stairs, backward roll down hill c. Crawl through cylinder, up the stairs, backward roll down hill to front support shape



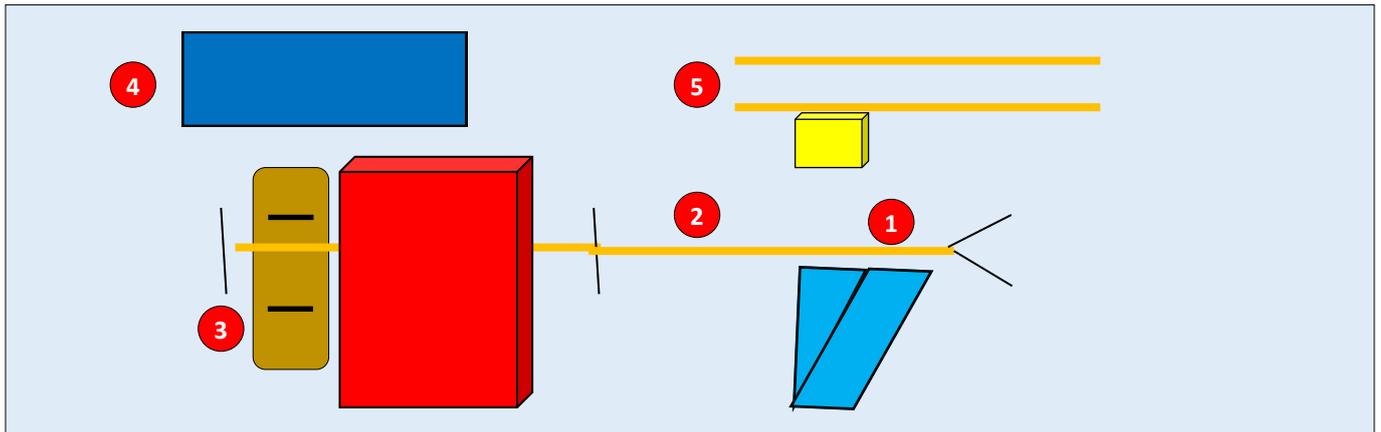
1.	<ul style="list-style-type: none"> a. 3 bounces jump onto box forward roll b. 3 bounces, hands on box forward roll c. As above with straight legs
Tips	<p>Must wait for gymnasts in front to get off the crash mat before you get on the double min tramp</p> <p>When performing forward shoulder roll, bend down and reach hands behind 1 side and roll forward over shoulder</p>
2.	<ul style="list-style-type: none"> a. Run jump 2 feet on the spring board on feet shapes, stop, as you jump off to land on stop sign lift you arms up to hit the noodle as high up above your head as possible b. Run jump 2 feet on the spring board on feet shapes, as you jump off to land on stop sign lift you arms up to hit the noodle as high up above your head as possible c. Run jump 2 feet on the spring board on feet shapes, as you jump off to land on stop sign lift you arms up to hit the noodle as high up above your head to land on spring board
Tips	<p>After your turn place the noodle back on top</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. Jumping off box backwards with foam between feet, land in motorbike fall rock backwards without hands touching the ground b. Facing forward ½ turn jumping off box with foam between feet, land in motorbike fall rock backwards without hands touching the ground c. Facing forward with eyes closed ½ turn Jumping of box with foam between feet, land in motorbike fall rock backwards without hands touching the ground
Tips	<p>Show motorbike shape prior to fall roll backwards</p>
4.	<ul style="list-style-type: none"> a. Jump from box to mini tramp, straight away jump to shoot the foam (can land before throwing) b. As above, but throw while in the air c. As above, but throw under one leg
5.	<ul style="list-style-type: none"> a. Jump along double mini tramp, tuck jump off to land in motorbike. b. Jump along double mini tramp, straddle jump off to land in motorbike. c. Jump along double mini tramp, half turn off to land in motorbike.
Tips	<p>Wait at yellow line until the person in front is off the mat</p>



1.	<ul style="list-style-type: none"> a. Step dips forward with marker cone on head b. Step kicks forwards with marker cone on head c. Step kicks with straight legs and marker cone on head
Extension	<ul style="list-style-type: none"> a. Step kicks to the middle step forward kneeling on beam placing back knee on the beam with bean marker cone on head b. Step kicks to the middle step forward kneeling scale on beam with marker cone on head c. Step kicks to the middle step forward kneeling scale on beam with marker cone on head, stand ½ turn step kicks backward to the end of the beam
Tips	<p>Wait until the person in front is half way along the beam before starting Who can jump off the beam and keep the bean bag on their head</p>
2.	<ul style="list-style-type: none"> a. From 1 foot leap over foam block to land on 2 feet b. Jump over foam blocks c. Jump over foam block to land on 1 foot
3.	<ul style="list-style-type: none"> a. Walking forwards, throw and catch the bean bag from 1 hand to the other b. Walking sideways throw and catch the bean bag from 1 hand to the other c. Walking backwards throw and catch the bean bag from 1 hand to the other
Tips	<ul style="list-style-type: none"> a. Do not climb under beams to get your bean bag



1.	<ul style="list-style-type: none"> a. Star jump, tuck jump seat drop b. Perform routine with no additional in between bounces, Star jump, tuck jump, seat drop, ½ turn on way up c. Perform routine with no additional in between bounces, Star jump, tuck jump, seat drop full turn on the way up,
Tips	One person at a time on the trampoline, must wait to 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. Standing on tramp, with hands on mat, 3 bounces, forward roll onto mat b. Standing on tramp, 3 bounces, forward roll onto mat c. Forward roll with straight arms to finish lying on back
Extension	<ul style="list-style-type: none"> a. Forward roll with straight arms and legs to finish lying on back b. Bounce to handstand flat back onto mat c. Attempt Flyspring to feet with straight arms and legs
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 the 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. Front support walk sideways keeping hands on Velcro lines and feet on beam b. Front support walk sideways keeping hands on Velcro lines and feet on beam. Partner to put bean bag on back



1.	<ol style="list-style-type: none"> a. Step 1 foot on box, pullover to support with assistance b. Walk feet up box as high as possible kick over bar pullover to front support c. 1 step on box kick over pullover to front support
Extension	<ol style="list-style-type: none"> a. Step pullover with out box b. Step pullover with straight legs c. Hang chin up pullover
Tips	When children get to front support try to test how tight they can keep their feet together
2.	<ol style="list-style-type: none"> a. Lift to front support, forward roll to hang b. Lift to front support , forward roll to tuck hang with bean bag between feet c. Lift to front support , forward roll to L hang with bean bag between feet
3.	<ol style="list-style-type: none"> a. 5 swing on high bar with regrip to motorbike land on stop sign fall rock backwards b. 5 swing on high bar with regrip and foam between feet to motorbike land on stop sign fall rock backwards c. 5 swings on high bar with regrip and foam between feet, on 5th front swing try to kick the foam over the bar, motorbike land on stop sign fall rock backwards
Tips	Remind student not to put hands down when falling backwards Ensure good matting under the bars
4.	<ol style="list-style-type: none"> a. From Knees Prone fall forward to stomach b. From Motor bike fall to knees then prone fall forward to stomach c. From Jump, motorbike fall to knees then prone fall forward to stomach
5.	<ol style="list-style-type: none"> a. 1 hand on each rail hold support position and 5 shoulder shrugs b. 1 hand on each rail hold tuck support position c. 1 hand on each rail L support position

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)

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)

Start standing with small jump to land in motorbike