



gymsports

LEARN TO GYM

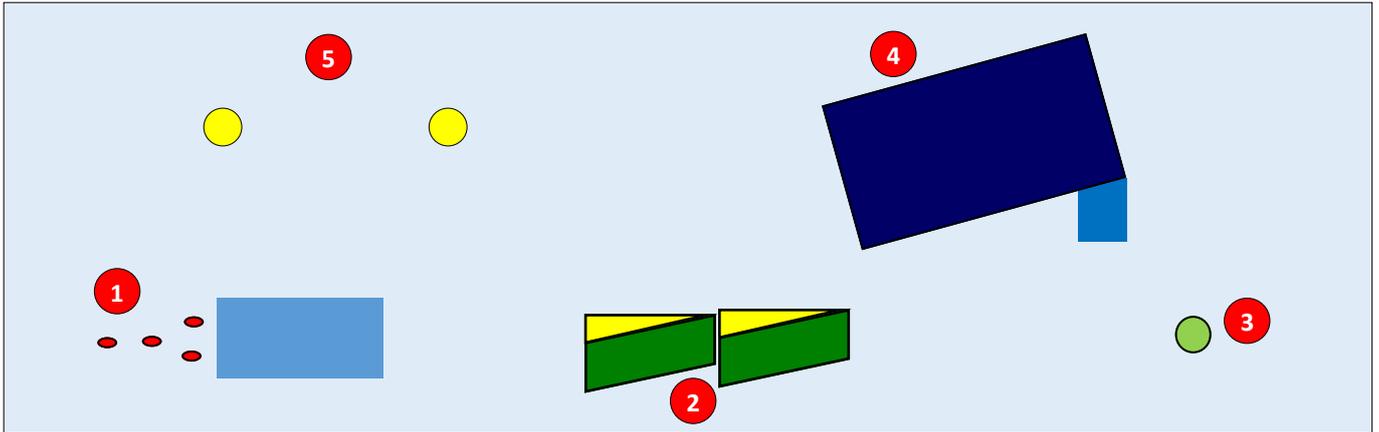
Gymskills

Lesson Plan

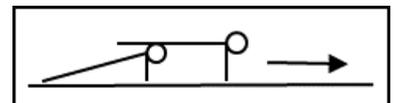
Huon Valley

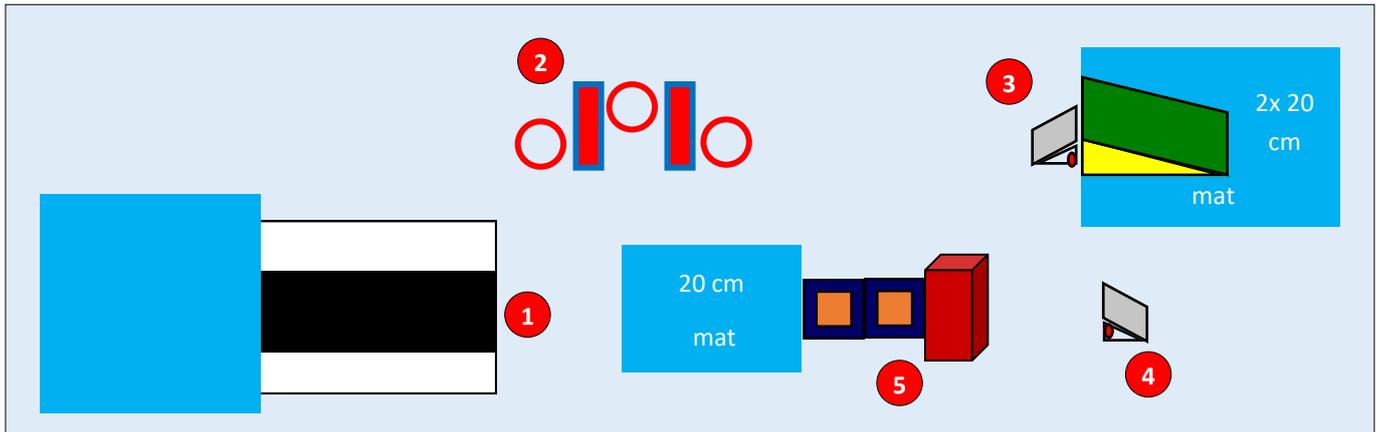
Week 9 and 10

<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 Lunge Arabesque Dish shape Arch shape <p>Introduce straddle (week 9) Introduce pike (week 10)</p> <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>Gymnast Copy Cat</u></p> <p>Select one gymnast to go out the front of the group Coach stands behind the rest of the children and performs the warm up, the gymnast out the front copies the coach and the rest of the gymnasts copy the child out the front 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>

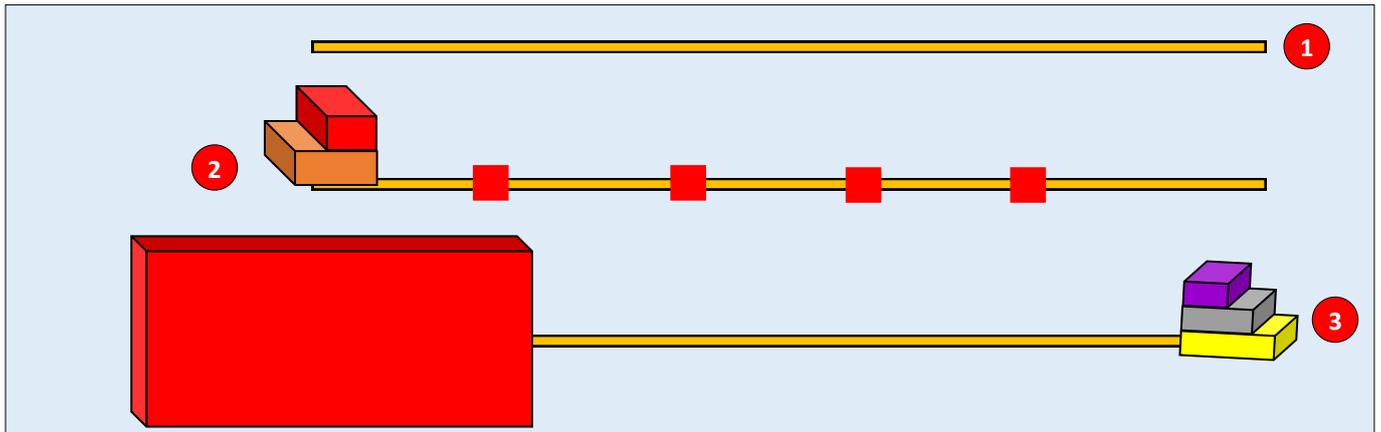


1.	<ul style="list-style-type: none"> a. Hurdle to lunge: start with bean bag between feet, jump and just before landing drop bean bag onto a picture drawn in between the 2 green feet shapes b. Same as a) add in reach hands forward onto hand shapes and forward roll onto mat c. Same as a) add spotted handstand with hands on hand shapes
Extension	<ul style="list-style-type: none"> a. Hurdle to lunge with bean bag stop, handstand from lunge b. Hurdle to lunge with bean bag, immediate handstand flat back onto mat c. Hurdle to lunge with bean bag, immediate handstand pop to flat back, ask the gymnast to show you air time before landing
Tips	<p>Gymnast must keep arms straight Try to make a straight body line in Lunge and maintain throughout the activity Keep legs straight</p>
2.	<ul style="list-style-type: none"> a. Forward roll on first triangle, Stand on second triangle forward roll on second b. Forward roll on first triangle, forward roll on second triangle from standing on the first triangle c. As above with foam between feet
Tips	<p>1 at a time on the triangle</p>
3.	<ul style="list-style-type: none"> a. Stand on 1 foot count to 3 b. Stand in Arabesque count to 3 c. Stand in Arabesque with straight leg count to 3
4.	<ul style="list-style-type: none"> a. Log roll down the big hill b. Forward roll down the big hill c. Backward roll down the big hill
Tips	<p>Wait until the person in front has finished before starting</p>
5.	<ul style="list-style-type: none"> a. 1 partner in front support shape the other partner will place their hands down in front and their legs on top of their partner walk to green line without falling off b. As per a) try walking to the red line without falling off c. As per a) try walking to the yellow line without falling off
Tips	<p>This activity may require coaches help to get into starting position Gymnast on top must point toes</p>

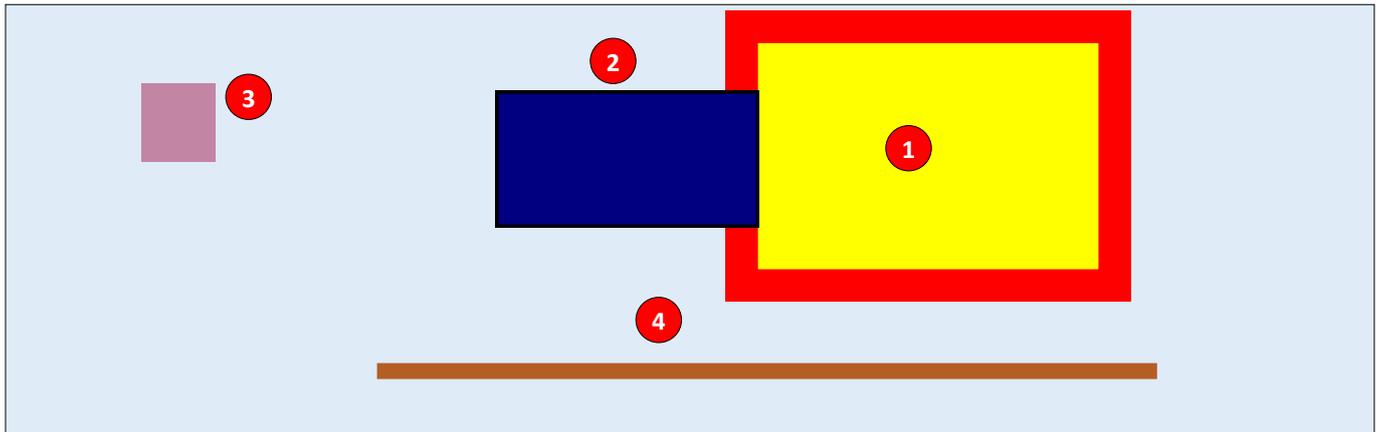




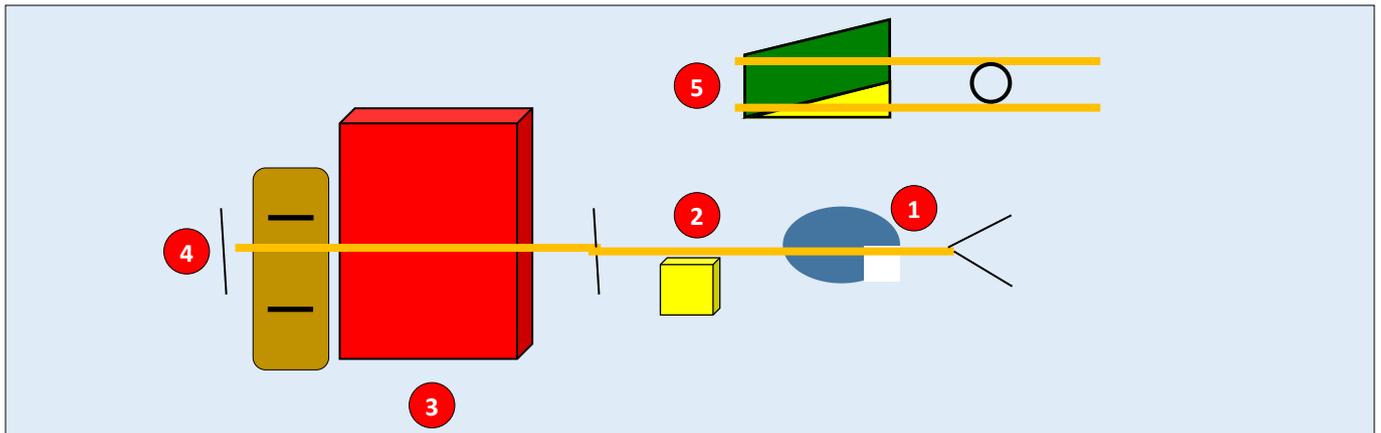
1.	<ul style="list-style-type: none"> a. Rocket jumps along mini tramp star jump off to land in motorbike b. Tuck jump along mini tramp star jump off to land in motorbike c. Star jumps along mini tramp ½ turn off to land in motorbike
Extension	<ul style="list-style-type: none"> a. Star jumps along mini tramp 1/1 turn off to land in motorbike b. Straddle jumps along mini tramp 1/1 turn off to land in motorbike c. Opposite leg split jumps along mini tramp full turn off to land in motorbike
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the double mini tramp
2.	<ul style="list-style-type: none"> a. Jumping through the hoops and onto box and over hurdles b. Jumping through the hoops and over box and hurdles c. As above with foam between feet
Tips	Give the foam back to the next person
3.	<ul style="list-style-type: none"> a. From short run, jump onto spring board, immediate jump onto crashmat, climb feet onto wedge, forward roll down hill b. From short run, jump onto spring board, immediate jump onto crashmat, forward roll down hill c. From short run, jump onto hands and knees on wedge, forward roll down wedge
Tips	Chin on chest when doing the forward roll
4.	<ul style="list-style-type: none"> a. 5 rocket jumps with foam between feet b. 5 rocket jumps with foam between feet and above head
5.	<ul style="list-style-type: none"> a. 3 rocket jumps on first tramp jump to second tramp immediate jump off to land b. Rocket jump on first tramp to second tramp rocket jump off to land c. Rocket jump on first tramp to second tramp star jump off to land



1.	<ul style="list-style-type: none"> a. Wave flag up and down walking forwards b. Wave flag up and down walking sideways c. Wave flag up and down walking backwards
Extension	<ul style="list-style-type: none"> a. Wave flag up and down walking forwards on toes with straight legs b. Wave flag up and down walking sideways on toes with straight legs c. Wave flag up and down walking backwards on toes with straight legs
Tips	<p>Wait until the person in front is half way along the beam before starting</p> <p>Place flag at end of beam 5</p>
2.	<ul style="list-style-type: none"> a. Step over foam blocks on beam b. Small leap over foam blocks on beam c. Small leap over foam block to on land 2 feet
3.	<ul style="list-style-type: none"> a. Wave flag side to side walking ½ grape vine stepping foot in front only b. Wave flag side to side walking ½ grapevine stepping foot behind only c. Wave flag side to side grapevine walk



1.	<ul style="list-style-type: none"> a. Hands and knees bounces x5 b. Angry cat bounces x 5 c. 3x angry cats, front 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 from tramp to land in motorbike shape on crash mat b. Tuck Jump from tramp to land in motorbike shape on crash mat c. Star jump from tramp to land in motorbike shape on crash mat
Extension	<ul style="list-style-type: none"> a. Straddle jump from tramp to land in motorbike shape on 30cm box in pit b. ½ turn jump from tramp to land in motorbike shape on 30cm box in pit c. 1/1 turn jump from tramp to land in motorbike shape on 30cm box in pit
Tips	Wait until the person in front is off the mat prior to starting
3.	<ul style="list-style-type: none"> a. Jump ½ turn off box starting forward b. Jump ½ turn off box starting backward
Tips	a. Wait until the person in front is out of the way before you start
4.	<ul style="list-style-type: none"> a. Bunny hop from side to side along beam. b. Bunny hop from side to side along beam with foam in feet. c. Bunny hop from side to side along beam with bean bag in feet.



1.	<ul style="list-style-type: none"> a. Front support on bars spotted forward roll to hang b. From standing on 2 boxes, Stand on low bar with coaches assistance jump down to land c. From standing on 2 boxes, Stand on low bar, jump down to land
Extension	<ul style="list-style-type: none"> a. From standing on 2 boxes stand on low bar hold for 5 seconds, jump down to land b. From standing on 2 boxes, step into a bent leg straddle on position, then stand up hold for 5 seconds, jump down to land c. From standing on 2 boxes, jump into a bent leg straddle on position, then stand up hold for 5 seconds, jump down to land
Tips	Coach should assist gymnasts first attempt at standing on bar
2.	<ul style="list-style-type: none"> a. Lift legs to tuck and hold 5 seconds b. 5 x bent knee swings c. 5 x bent knee swings with bean bag between feet
3.	<ul style="list-style-type: none"> a. Front support with hands on ground bar b. Front support on ground bar turn to back support c. Front support on ground bar, turn to back support and return to front support
4.	<ul style="list-style-type: none"> a. From Standing on box 1 hand on each rope can you swing forward and return to the box b. As above with bent arms c. As above with bent arms and legs in pike
Tips	This can be made into a game. If the children’s feet touch the ground then the crocodile can munch on their toes, if they make it back to the box the crocodile goes hungry
5.	<ul style="list-style-type: none"> a. From wedge, swing forward with bent knees to knock foam over b. From box swing forward with bent knees to pick up foam between feet c. From box swing forward with bent knees to pick up foam between feet return back to box

Individual bean bag activities

Ask gymnasts to find a space and perform the following activities until you call out freeze

Throw bean bag with 2 hands and catch

Throw bean bag with 2 hands and catch with 1 hand

Throw bean bag from 1 hand catch in the other hand

Place bean bag on foot try to kick bean bag into the air and catch

Place bean bag on your head and perform the following shapes without losing your bean bag – rocket, star, motorbike, tuck, back support, front support, L shape

Coaches need to help out by giving assistance to gymnasts to learn correct technique

Partner bean bag activities

Have gymnasts standing on a Velcro line facing a partner

Throw bean bag with 2 hands to your partner

Throw bean bag with one hand to your partner

Place bean bag on your foot try to kick the bean bag to your partner

Turn around throw bean bag over your head to your partner