



gymsports

LEARN TO GYM

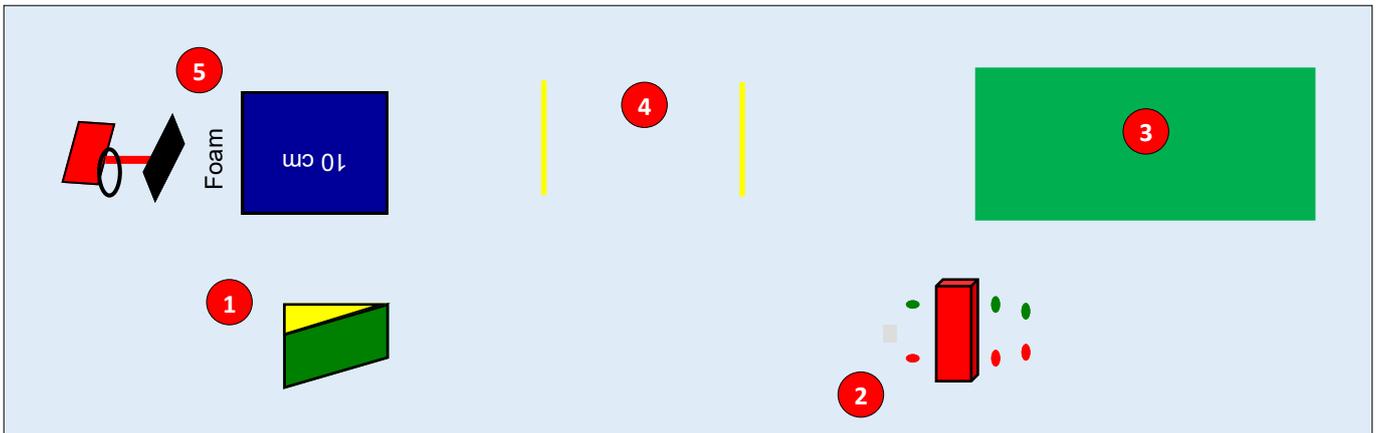
Fungym

Lesson Plan

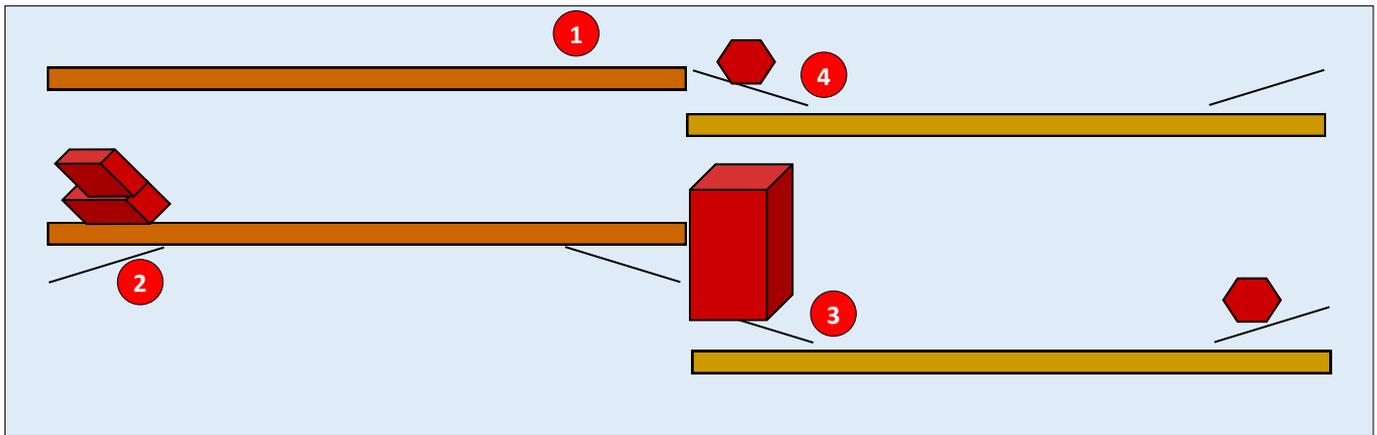
Kingborough

Week 1 and 2

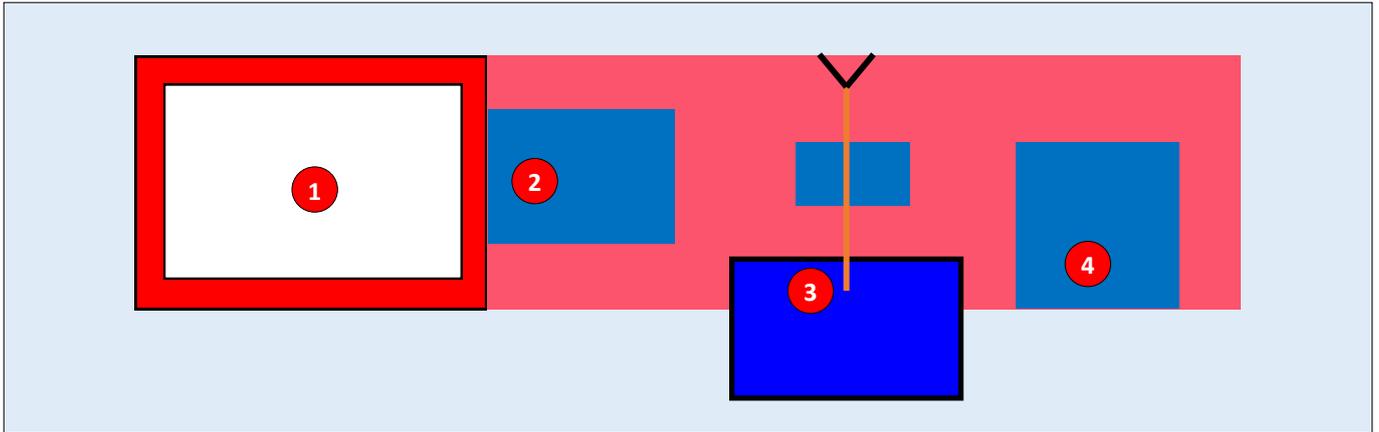
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes Tuck Star Rocket Soldier Motorbike Have the children try making these shapes</p>
<p>Tips</p>	<p>Have other coaches help new and unsure gymnasts to settle, by sitting with them or holding their hand Other coaches also need to be on the lookout for children arriving late and assist them to join in</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>



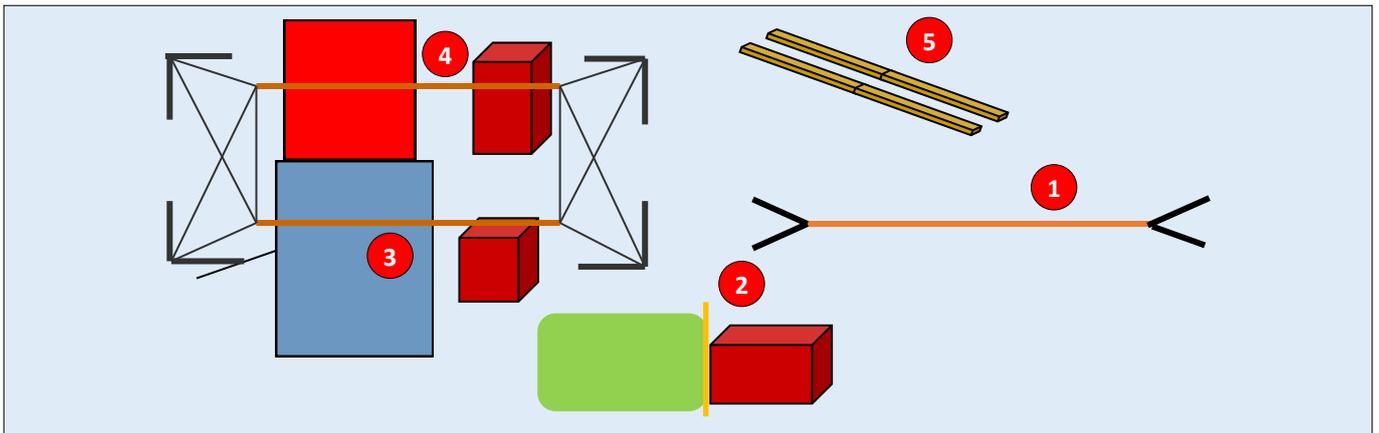
1.	<ul style="list-style-type: none"> a. Egg roll down hill with bean bag between knees b. Forward roll down hill with bean bag under chin to finish in tuck shape c. Forward roll down hill with bean bag under chin, between feet and knees to finish in tuck shape
Extension	<ul style="list-style-type: none"> d. As per c) to stand up without using hands or losing any bean bags e. Forward roll to squat with bean bag under chin and between feet f. As per e) add a bunny hop, bottom to vertical then stand
Tips	Place the back of neck not the top of the head on ground when doing forward rolls If the child is uncertain about forward rolls let them do the egg roll activity
2.	<ul style="list-style-type: none"> a. Bunny hop over foam shape b. Bunny hop over foam shape finish in star shape on feet markers c. From rocket, mini cartwheel over foam shape using hand and feet markers finish in star shape
Tips	Wait until the person in front is finished prior to starting
3.	<ul style="list-style-type: none"> a. Log roll sideways down incline with arms above head b. Log roll sideways down incline, hold Foam with arms above head c. Log roll sideways down incline with bean bag between feet
Tips	Wait until the person in front is off the mat prior to starting Ensure mat remains in place
4.	<p>Save the animal bean bag game</p> <p>Gymnast has to help a bean bag animal cross the river</p> <p>Starting in crab position, place bean bag animal on stomach and see if you can make it across without dropping your animal in the water.</p>
Tips	The more exciting you make this game sound, the more fun they will have
5.	<ul style="list-style-type: none"> a. 3 tuck rocks b. 3 tuck rocks with foam between knees, throw for basket ball ring c. From standing tuck rock return to stand with foam between knees, throw for basket ball ring
Tips	Place 1 hand on each knee when doing tuck rocks Gymnasts need to hold tight tuck shape on backward rock and pull knees away from chest on the way up



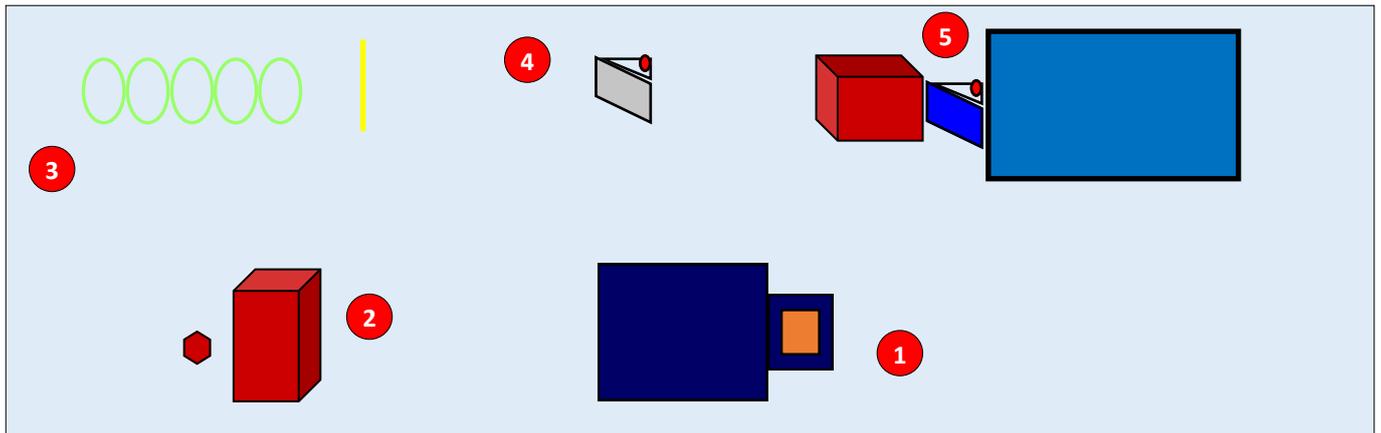
1.	<ul style="list-style-type: none"> a. Walk sideways b. Walk forwards c. Walk sideways on toes
Extension	<ul style="list-style-type: none"> a. Walk backwards b. Walk backwards on toes c. Step kicks backwards with straight legs
Tips	<p>Wait until the person in front is half way along the beam before starting Hold motorbike landing on stop sign and count to 3 at end of each beam</p>
2.	<ul style="list-style-type: none"> a. Walk sideways with foam b. Walk sideways, small throws and catches c. Walk sideways, small throws and catches
3.	<ul style="list-style-type: none"> a. Walk sideways with foam, throw foam into cylinder b. Walk sideways, small throws and catches, throw foam into cylinder c. Walk sideways, small throws and catches, throw foam into cylinder
Tips	<p>Do not climb under beams to get your foam Return foam after your go</p>
4.	<ul style="list-style-type: none"> a. Walk sideways b. Walk forwards c. Walk sideways on toes
Extension	<ul style="list-style-type: none"> a. Walk backwards b. Walk backwards on toes c. Step kicks backwards with straight legs



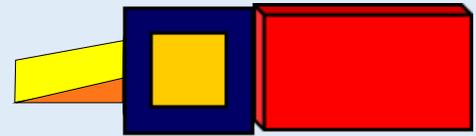
1.	<ul style="list-style-type: none"> a. 5 bounces, land in motorbike shape b. 5 rocket bounces with foam between feet, land in motorbike c. 5 tuck jumps with foam between feet, land in motorbike
Tips	<p>One person at a time on the trampoline, must wait until the person in front is off before you get 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"> a. Jump from edge of tramp into pit b. Jump from trampoline into pit c. Tuck jump from trampoline into pit
Extension	<ul style="list-style-type: none"> d. Star jump (with straight legs) from trampoline to land in pit e. Straddle jump (with straight legs) from trampoline to land in pit f. Pike jump (with straight legs) from trampoline to land in pit
Tips	<p>I'm looking for the biggest jump off the trampoline</p> <p>Wait until the person in front has climbed out before jumping in</p>
3.	<ul style="list-style-type: none"> a. Hold on to bar walk sideways in hang, let go to land in pit b. Walk sideways in hang along bar ,let go to land on box in pit c. Walk sideways along the bar, 1/2 turn in hang let go to land on box in pit
Tips.	<p>Wait until the person in front is out of the pit before you get on the bar</p>
4.	<ul style="list-style-type: none"> a. Jump into pit to land on feet b. Jump into pit to land bottom c. Jump backwards to land in pit
Tips	<p>Wait until the person in front is out of the pit prior to getting in</p> <p>When jumping into the pit land on feet or bottom first. Never land on stomach or head first into the pit</p> <p>Can jump to land on mat if worried about landing in the pit</p> <p>Use mat to climb out of pit</p> <p>ALWAYS RETURN TO THE START OF THE CIRCUIT VIA THE PLATFORM</p>



1.	<ul style="list-style-type: none"> a. 3 swings on bar to land on stop sign b. 5 swings on bar to land on stop sign c. 5 swings on bar with bean bag between feet to land on stop sign
Tips	<p>Stop sign for dismount should be placed on the back swing</p> <p>Ensure the gymnasts wait sufficient distance behind person swinging</p> <p>Bar should be at swinging height</p>
2.	<ul style="list-style-type: none"> a. Stand on single rail bar b. Stand on single rail bar count to 3 c. Stand on single rail bar count to 10
Tips	<p>1 person at a time on bars</p> <p>Coach may assist</p>
3.	<ul style="list-style-type: none"> a. Jump to front support count to 3 b. Jump to front support forward roll over bar c. Jump to front support forward roll over bar with bean bag between feet
Extension	<ul style="list-style-type: none"> d. As per c) add lift legs to make a tuck shape e. As per c) add lift legs to horizontal too make an L-shape f. As per e) add chin up after making an L-shape
Tips	<p>Gymnasts need to roll hands fully around the bar when performing a forward roll</p> <p>It is a good idea to spot the gymnasts first forward roll</p> <p>If gymnasts are scared to roll over the bar ask them to place their hands on the ground then lift their legs over so they do a forward roll on the ground</p>
4.	<ul style="list-style-type: none"> a. Climb rope ladder, Monkey walk sideways along bar to land on stop sign in motorbike shape b. Climb rope ladder, Monkey walk sideways along bar 1/2 turn to land in motorbike shape c. Climb rope ladder, Monkey walk sideways with bean bag between legs 1/2 turn to land in motorbike shape
5.	<ul style="list-style-type: none"> a. Bear walk across the top of the ground beams b. Crab walk across the top of the ground beams c. Crab walk backwards across the top of the ground beams



1.	<ul style="list-style-type: none"> a. 3 Bounces on mini tramp to land in motorbike b. 3 Rocket jumps on mini tramp with foam between feet to land on stop sign in motorbike c. 3 Rocket jumps on mini trampoline jump off to land in motorbike with foam between feet
Extension	<ul style="list-style-type: none"> d. 3 Rocket jumps on mini tramp, jump ½ turn off to land in motorbike with foam between feet e. 3 Rocket jumps on mini tramp, pike jump off to land in motorbike with foam between feet f. 3 Rocket jumps on mini tramp, jump full turn off to land in motorbike with foam between feet
Tips	<p>Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp Present after motorbike position</p>
2.	<ul style="list-style-type: none"> a. Jump forwards to land in motorbike with foam between feet b. Jump backwards to land in motorbike with foam between feet c. Tuck jump to touch knees with hands, land in motorbike with foam between feet
Tips	<p>Ask gymnast to count to 3 when landing in motorbike shape Holding motorbike shape slows the children down and will ensure more class control Present after motorbike position</p>
3.	<ul style="list-style-type: none"> a. Jump through hoops b. Jump through hoops with foam between feet c. Tuck jumps to touch knees through the hoops with foam between feet
Tips	<p>Try to only do one jump in each hoop</p>
4.	<ul style="list-style-type: none"> a. Run and jump to land in superman take off shape on feet markers on spring board b. Run and jump to land in superman take off shape on feet markers on spring board, stop then jump off to land in motorbike shape on the floor c. Run and jump to land in superman take off shape on feet markers on spring board, immediate jump off to land in motorbike shape on the floor
Tips	<p>Ask gymnasts to land 2 feet together on the board Wait at the yellow line until the person in front has finished that activity Present after motorbike position</p>
5.	<ul style="list-style-type: none"> a. Jump from spring board to land in motorbike shape on mat b. Jump from spring board 1 bounce to land in motorbike shape on mat c. Jump from box 1 jump on spring board to land in motorbike shape on mat, forward roll to tuck



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 to land on mat.
- 3 bounces on tramp land on mat
- 1 bounce on tramp
- Rocket jump
- Star jump
- Tuck jump
- Half turn
- Jump to land on stop sign (who can have a perfect landing)
- 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)
- 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

Coaches need to help out by giving assistance to gymnasts to learn correct technique
Gymnasts must jump on trampoline with 2 feet