



gymsports

LEARN TO GYM

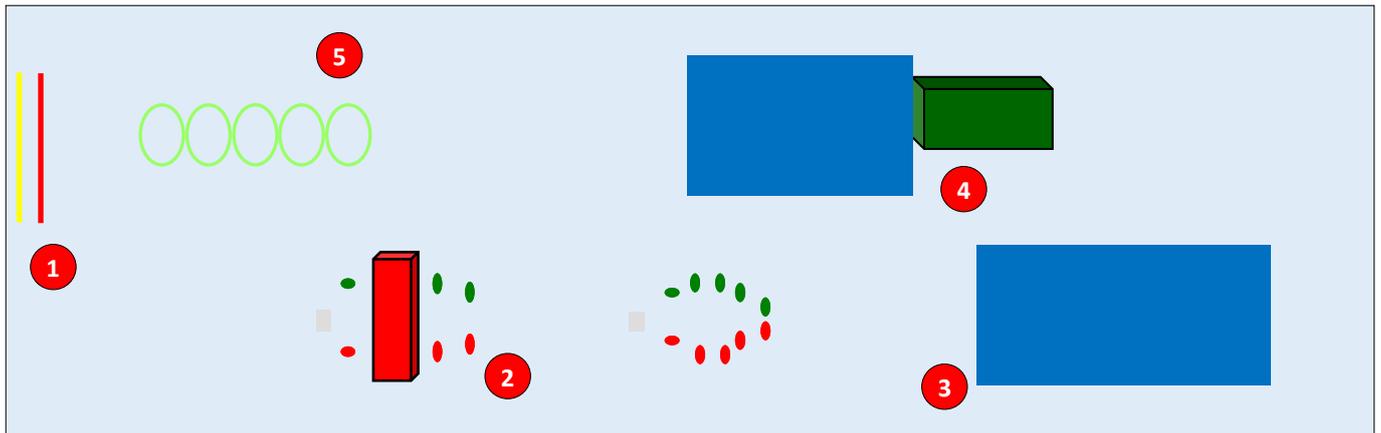
Fungym

Lesson Plan

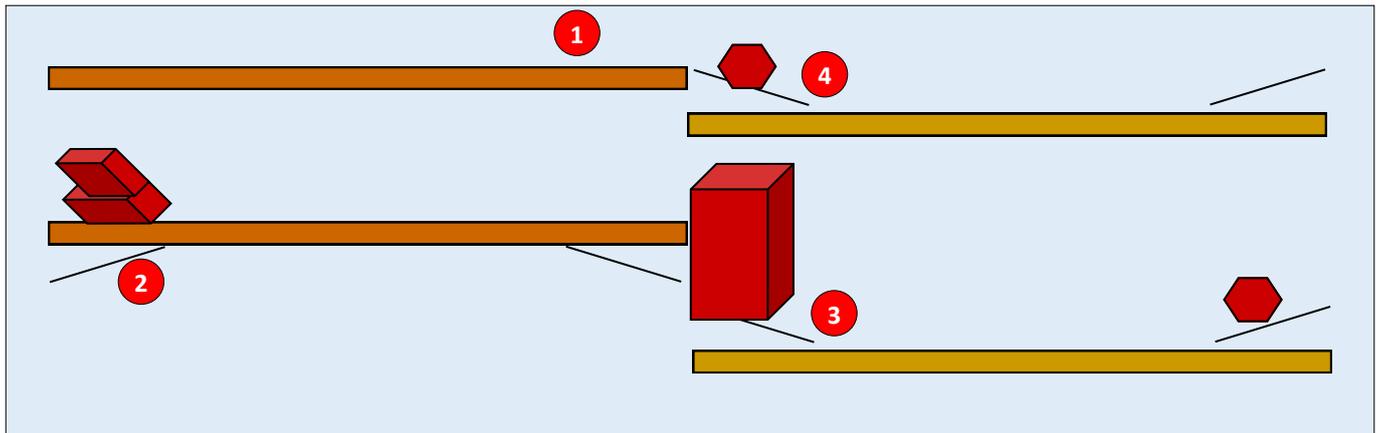
Kingborough

Week 3 and 4

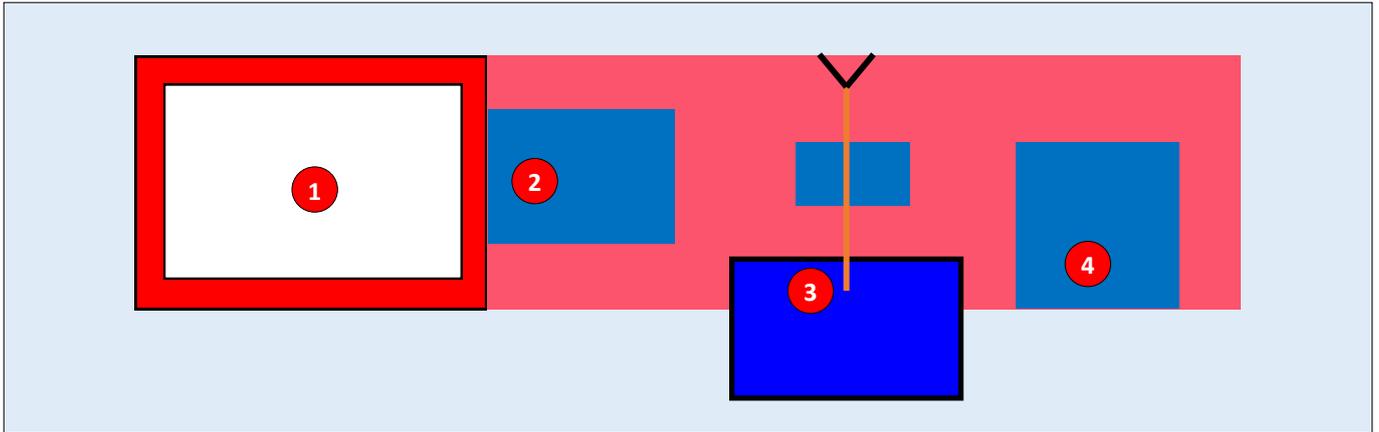
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes Tuck Star Rocket Soldier Motorbike Introduce front support (week 3) Introduce back support (week 4) Have the children try making these shapes</p>
<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>



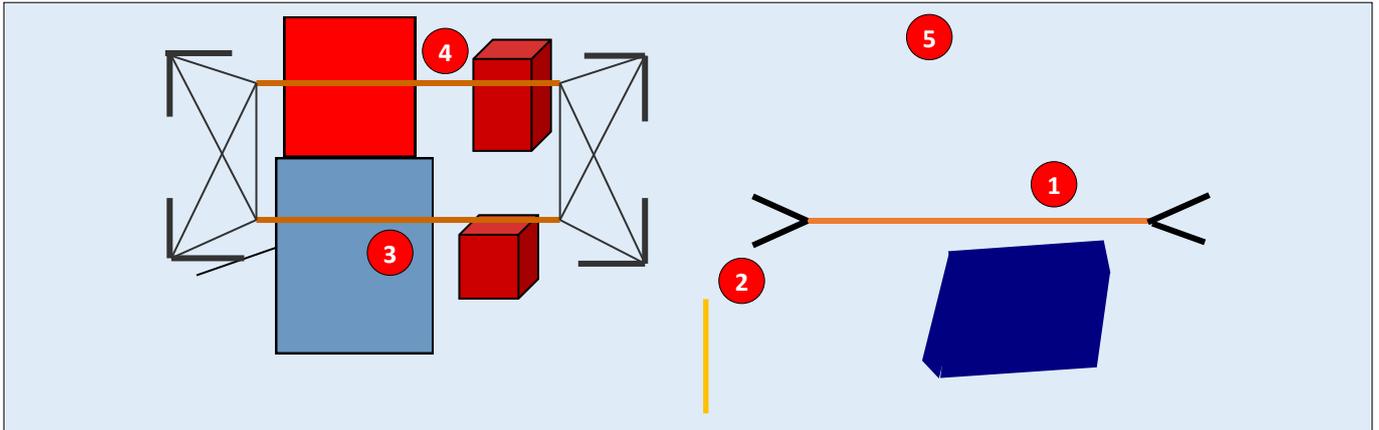
1.	<ul style="list-style-type: none"> a. Walk feet up the wall, hold for 3 seconds, walk back down b. Walk feet up wall, straight arms and legs, look at toes, hold for 5 seconds c. Walk feet up wall, look at toes and march on hands 5 times
Extension	<ul style="list-style-type: none"> d. Walk feet up wall, look at toes and march on hands 5 times e. Walk feet up wall, look at toes and march on hands 5 times, touching head each march f. Walk feet up wall, look at toes and march on hands 5 times, touching hip each march
Tips	<p>Walk hands to the yellow line</p> <p>Arms should be straight</p> <p>Ensure gymnasts walk feet back down the wall and don't collapse</p>
2.	<ul style="list-style-type: none"> a. Bunny hop over foam shape finish in star shape on feet markers b. From presentation, rocket, mini cartwheel over foam shape using hand and feet markers finish in star shape c. From presentation, rocket, cartwheel using hands and feet shape
Tips	<p>Wait until the person in front is finished prior to starting</p> <p>Should be done with straight arms</p>
3.	<ul style="list-style-type: none"> a. 3 tuck rocks with bean bag under chin b. Forward roll to tuck shape with bean bag under chin c. Forward roll to stand with bean bag under chin
Tips	<p>Place back of neck on ground not top of the head</p>
4.	<ul style="list-style-type: none"> a. From kneeling on 30cm box, walk hands out in front support as far as you can go b. From kneeling on 30cm box, slide down and place hands on mat, tuck head under to perform a forward roll to finish in tuck shape c. As per b) with bean bag between feet
Tips	<p>Ask gymnast to place their nose near the box as they roll</p> <p>Gymnast need to slide feet off the box</p>
5.	<ul style="list-style-type: none"> a. Bunny hops through the hoops b. Bunny hops through the hoops with bean bag between feet c. Bunny hops through the hoops with bean bag between feet and knees
Tips	<p>After their turn they need to give the bean bag back to the next person</p> <p>Hands into the hoop first then jump feet, some gymnasts will want to jump hands and feet together</p>



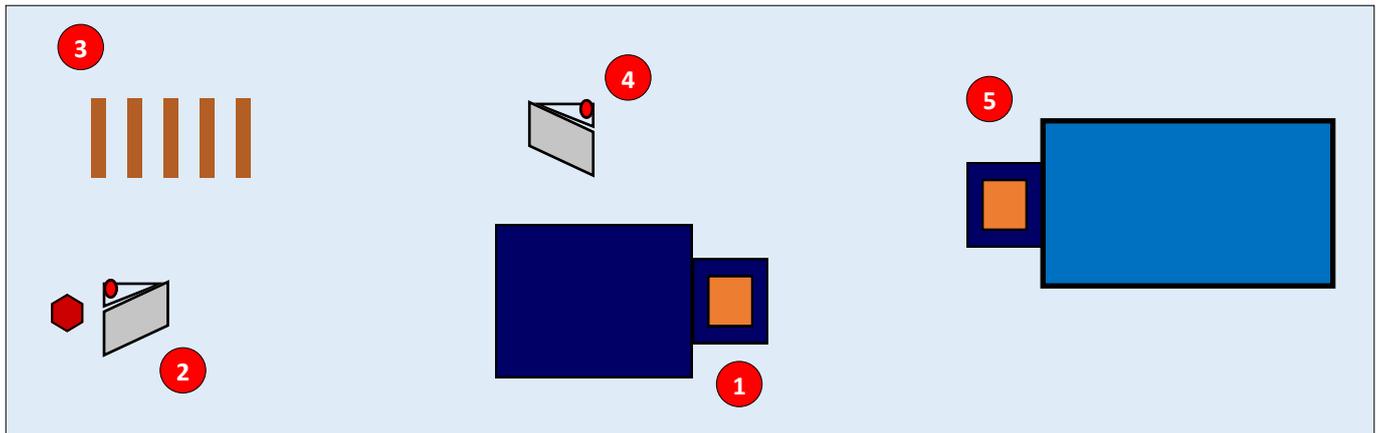
1.	<ul style="list-style-type: none"> a. Walking forward holding hoop b. Walking forward rolling hoop in front c. Walking backwards rolling hoop
Extension	<ul style="list-style-type: none"> a. Walk sideways rocking hoop on hand b. Step through hoop lift overhead (like skipping) c. Jump through hoop lift overhead, can stop between each go
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"> a. Walk forwards bounce hoop on the beam in front b. Walking forward, throw and catch hoop c. Walking forwards, pancake flip of hoop
3.	<ul style="list-style-type: none"> a. Walking sideways with marker cone on head b. Walking sideways on toes with marker cone on head c. Grapevine sideways with marker cone on head
Tips	<p>Do not climb under beams to get your cone Return cone after your go</p>
4.	<ul style="list-style-type: none"> a. Walking forward holding hoop, drop hoop onto stop sign and jump into hoop b. Walking forward rolling hoop in front, drop hoop onto stop sign and jump into hoop c. Walking backwards rolling hoop, drop hoop onto stop sign and jump into hoop
Extension	<ul style="list-style-type: none"> d. Walk sideways rocking hoop on hand, drop hoop onto stop sign and jump into hoop e. Step through hoop lift overhead (like skipping), drop hoop onto stop sign and jump into hoop f. Jump through hoop lift overhead, can stop between each go, drop hoop onto stop sign and jump into hoop



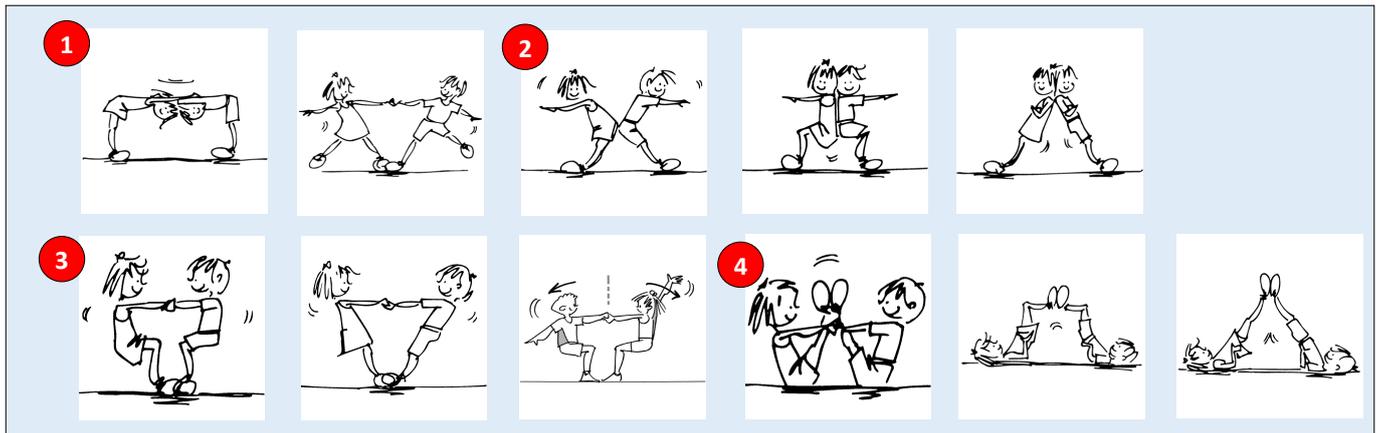
1.	<ul style="list-style-type: none"> a. 5 bounces in star shape (can stay in star shape the whole time) b. 5 star jumps c. 5 star jumps with straight arms and legs
Tips	<p>One person at a time on the trampoline, must wait to the person is off before you get on Only do activities that instructors ask you to do on trampoline</p>
2.	<ul style="list-style-type: none"> a. Jump from edge of tramp to touch noodle landing in the pit b. Jump from trampoline to touch noodle landing in the pit c. Star jump from trampoline to touch noodle landing in the pit
Tips	<p>I'm looking for the biggest jump off the trampoline Must land feet first, not allowed to land on stomach or head Wait until the person in front is out of the pit</p>
3.	<ul style="list-style-type: none"> a. Hold on to bar walk sideways in hang to land in pit b. 3 small swings to land in the pit c. 5 large swings with regrip to land in the pit
Extension	<ul style="list-style-type: none"> d. 5 large swings with regrip, straight legs and foam between feet e. 5 large swings with regrip, straight legs and foam between feet, on 5th swing kick foam over the bar f. 5 large swings, on 5th swing attempt swing pullover
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. Rocket jump forwards into pit b. Tuck jump into pit c. Star jump into pit
Tips	<p>Wait until the person in front is out of the pit prior to getting in Land in pit on feet</p>



1.	<ul style="list-style-type: none"> a. From hang on bar, walk feet to the top of the box b. From hang on bar, walk feet to the top of the box, kick to get stomach on bar c. From hang, lift chin to bar, walk feet to the top of the box, kick over the bar to support
Tips	When upside down ask gymnasts to look at toes when kicking over the bar
2.	<ul style="list-style-type: none"> a. Front support on bar hold and count to 3 b. Front support on bar, swing legs back and forward (mini casts) c. As above with bean bag between feet
Tips	Place bean bag on stop sign for the next person Show a strong support shape with shoulders over hands
3.	<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 and through to basket hang, count to 3 c. From hang on low bar, lift feet onto bar, through basket hang, place feet on ground
Extension	<ul style="list-style-type: none"> d. Backward roll through to basket hang, touch feet on the ground, forward roll back to stand e. As per d) without feet touching the bar f. As per e) to finish in L hang
Tips	This activity needs to be spotted – coach can hold gymnasts wrist or one hand on chest and one hand on back Raised surface under bar so bar is at chest height
4.	<ul style="list-style-type: none"> a. Climb rope ladder, 3 small swings to land on stop sign in motorbike shape b. Climb rope ladder, 3 small swings with straight legs to land on stop sign in motorbike shape c. Climb rope ladder, 3 small swings with re-grip and straight legs to land on stop sign in motorbike shape
Tips	Gymnasts may need assistance in swing Gymnasts need to land on back swing, behind the bar
5.	<ul style="list-style-type: none"> a. From tuck, rock to candle stick with bean bag between feet b. From L-sit rock to candle stick with bean bag between feet c. From L-sit rock to candle stick
Tips	Ask children to go as far as possible Wait until the person in front has finished the activity before the next person starts



1.	<ul style="list-style-type: none"> a. Jump from trampoline to land in motorbike shape on mat b. Jump from trampoline 1 bounce to land in motorbike shape on mat c. Jump from trampoline 1 bounce, star jump to land in motorbike shape on mat
Tips	Ask the gymnast to imagine the mini tramp is a hot frying pan and they have to get off as fast as they can
2.	<ul style="list-style-type: none"> a. Run and jump to land in spring shape (take off shape) on feet markers on spring board b. Run and jump to land in spring shape (take off shape) on feet markers on spring board, stop then jump off to land in motorbike shape on stop sign c. Run and jump to land in spring shape (take off shape) on feet markers on spring board, immediate jump off to land in motorbike shape on stop sign
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
3.	<ul style="list-style-type: none"> a. Jumping over floor beams b. Jumping over floor beams with foam between knees c. Tuck Jumps over floor beams with foam between feet
Tips	Try to only do one jump over each
4.	<ul style="list-style-type: none"> a. On spring board, 3 rocket jumps with foam between knees b. On spring board, 3 rocket jumps with foam between knees and foam above head c. On spring board, 3 rocket jumps with foam between knees and foam above head then rocket jump 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
5.	<ul style="list-style-type: none"> a. Jump onto 60cm high mats, motorbike landing, forward roll b. Standing on mini tramp with hands on mats, 3 bounce, forward roll c. Standing on mini tramp, 3 bounce, forward roll onto mat
Extension	<ul style="list-style-type: none"> d. Forward roll with straight arms to finish lying on back e. Forward roll with straight arms and legs to finish lying on back f. Bounce to handstand flat back
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp This activity need coaches assistance

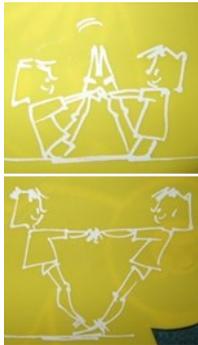


1.	<ol style="list-style-type: none"> a. Partner balance right angle b. Partner balance right angle on 1 foot c. Partner side balance in star shape
Tips	<ul style="list-style-type: none"> • Match kids appropriately • Do on both legs • Brace feet and link hands with partner • Safe exit
2.	<ol style="list-style-type: none"> a. Partner Balance Back Pike b. Partner Balance Back Seat c. Partner Back Rest
Tips	<ul style="list-style-type: none"> • Match kids appropriately • Back to Back with partner • Safe exit
3.	<ol style="list-style-type: none"> a. Partner Balance Seat b. Partner Balance Gate c. Partner Balance One Handed Seat
Tips	<ul style="list-style-type: none"> • Match kids appropriately • Brace feet and link hands with partner • Safe exit
4.	<ol style="list-style-type: none"> a. Partner Balance V-sit b. Partner Balance Crooked Tower c. Partner Balance Tower
Tips	<ul style="list-style-type: none"> • Match kids appropriately • Brace feet • Safe exit
5.	
Extension	
Tips	

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



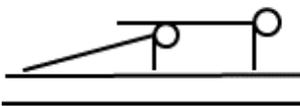
One gymnast makes angry cat with partner to make a front support placing feet on their partners shoulders

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 3, 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 3, then swap over and repeat. When finished sit in tuck shape.