



gymsports

LEARN TO GYM

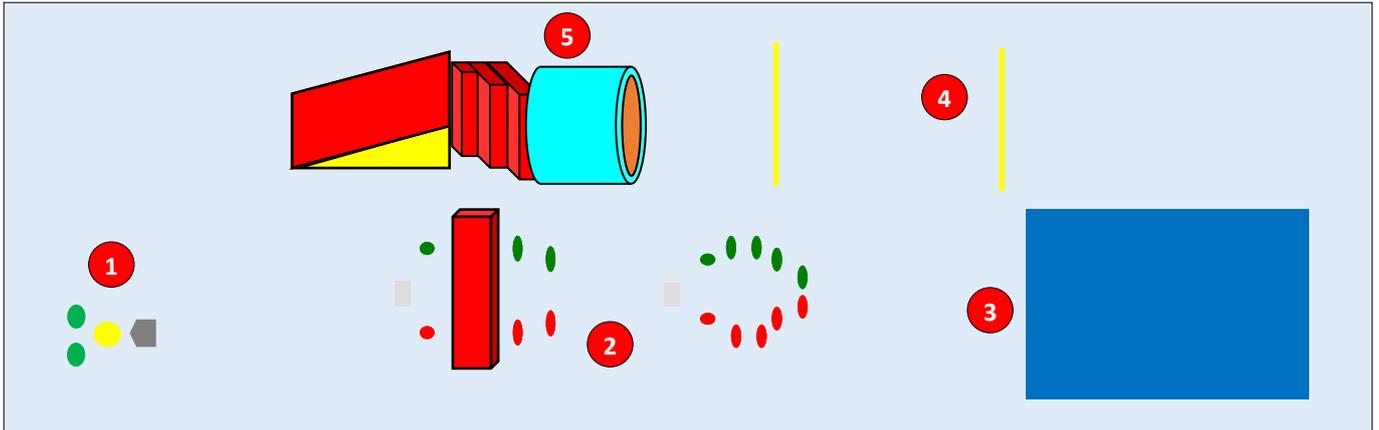
Fungym

Lesson Plan

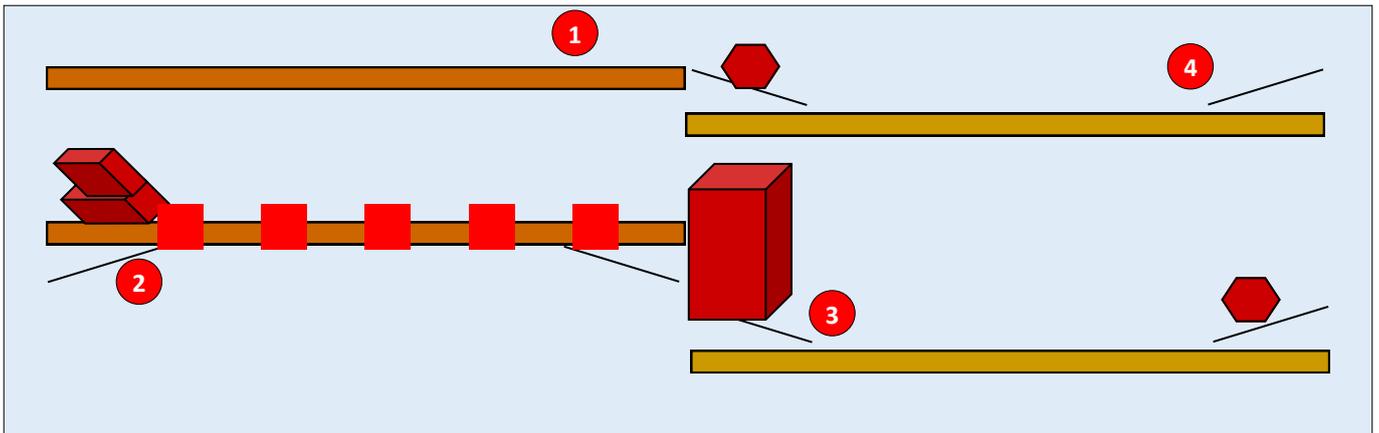
Kingborough

Week 5 and 6

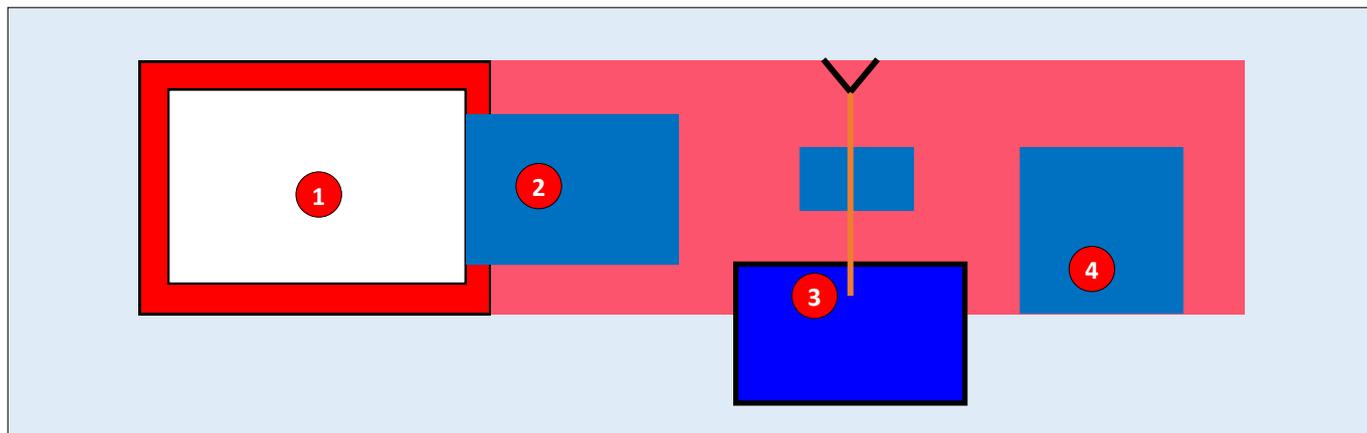
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes Tuck Star Rocket Soldier Motorbike Front support Back support Introduce L Shape (week 5) Introduce Lunge (week 6) Have the children try making 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>



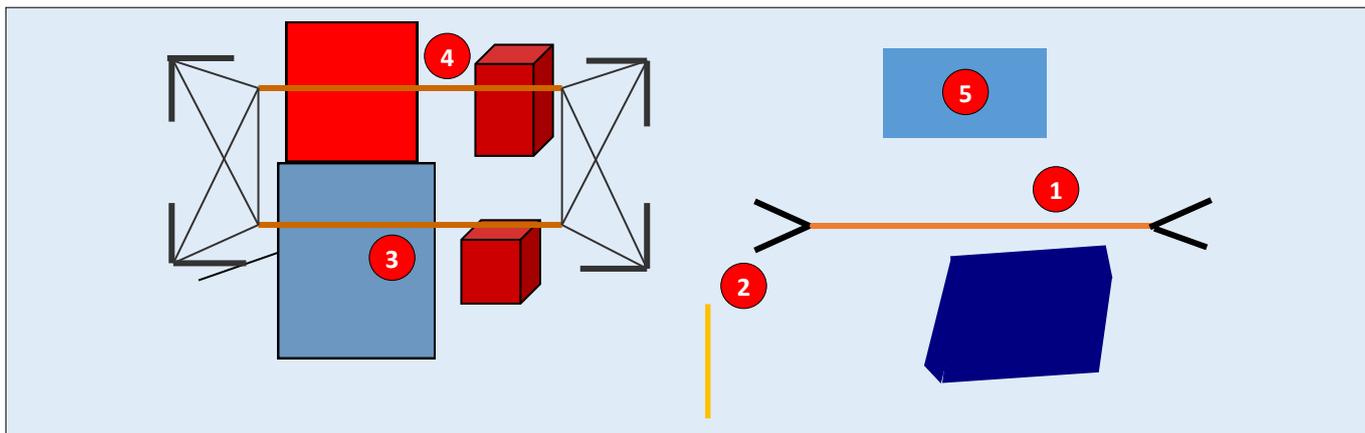
1.	<ul style="list-style-type: none"> a. Starting with hands on hand shapes, 3 hops on 1 leg b. From lunge position, place hands on hand shapes 3 small hops on 1 leg c. From lunge position, place hands on hand shapes 3 small hops on 1 leg return to finish in lunge on feet shapes
Extension	<ul style="list-style-type: none"> d. 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 e. 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 f. From lunge position, handstand against the wall hold 5 seconds step down to lunge position
Tips	<p>Must keep arms straight throughout the handstand Ask gymnasts to keep a straight body and straight legs through out</p>
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 over foam shape using hand and feet shapes c. Rocket, cartwheel using hands and feet shapes
Tips	<p>Wait until the person in front is finished prior to starting</p>
3.	<ul style="list-style-type: none"> a. Forward roll to tuck shape count to 3 b. Forward roll to L-Shape count to 3 c. Forward roll to rocket shape with foam between feet
Tips	<p>Place the back of neck on the ground not the top of the head on ground when doing forward rolls Place hands close to feet</p>
4.	<ul style="list-style-type: none"> a. Lying on yellow line, log roll with foam above head to the other line b. Lying on yellow line, log roll with foam above head and bean bag between feet c. Lying on yellow line, log roll with foam above head and bean bag between feet, without foam touching the ground
Tips	<p>Have 2 foam blocks and 2 bean bags at this station so that 2 gymnasts can go at same time Keep arms and legs straight Gymnasts to pass objects back to next person (not throw)</p>
5.	<ul style="list-style-type: none"> a. Crawl through the cylinder, climb the stairs, log roll down hill b. Crawl through the cylinder, climb the stairs, forward roll down hill c. Crawl through the cylinder, climb the stairs, straddle forward roll down hill



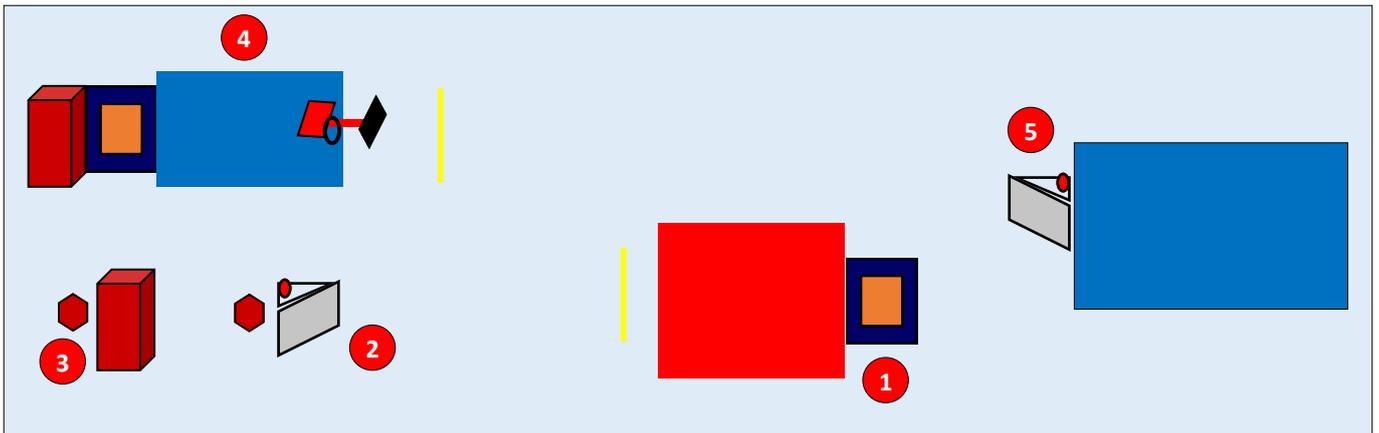
1.	<ul style="list-style-type: none"> a. Walking forwards with marker cone on head b. Step dips forward with marker cone on head c. Step kicks with marker cone on head
Extension	<ul style="list-style-type: none"> d. Step kicks with straight legs and marker cone on head e. Step kicks to the middle step forward kneeling on beam placing back knee on the beam with marker cone on head f. Step kicks to the middle step forward kneeling scale on beam with marker cone on head
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 marker cone on their head</p>
2.	<ul style="list-style-type: none"> a. Step over foam blocks on beam, b. Mini leap over foam blocks on beam (show airtime) c. Jump over foam blocks on beam
3.	<ul style="list-style-type: none"> a. Walking forwards, throw and catch the bean bag b. Walking sideways throw and catch the bean bag c. Walking backwards throw and catch the bean bag
Tips	<p>Do not climb under beams to get your bean bag</p>
4.	<ul style="list-style-type: none"> a. Walking forwards with marker cone on head b. Step dips forward with marker cone on head c. Step kicks with marker cone on head
Extension	<ul style="list-style-type: none"> d. Step kicks with straight legs and marker cone on head e. Step kicks to the middle step forward kneeling on beam placing back knee on the beam with marker cone on head f. Step kicks to the middle step forward kneeling scale on beam with marker cone on head



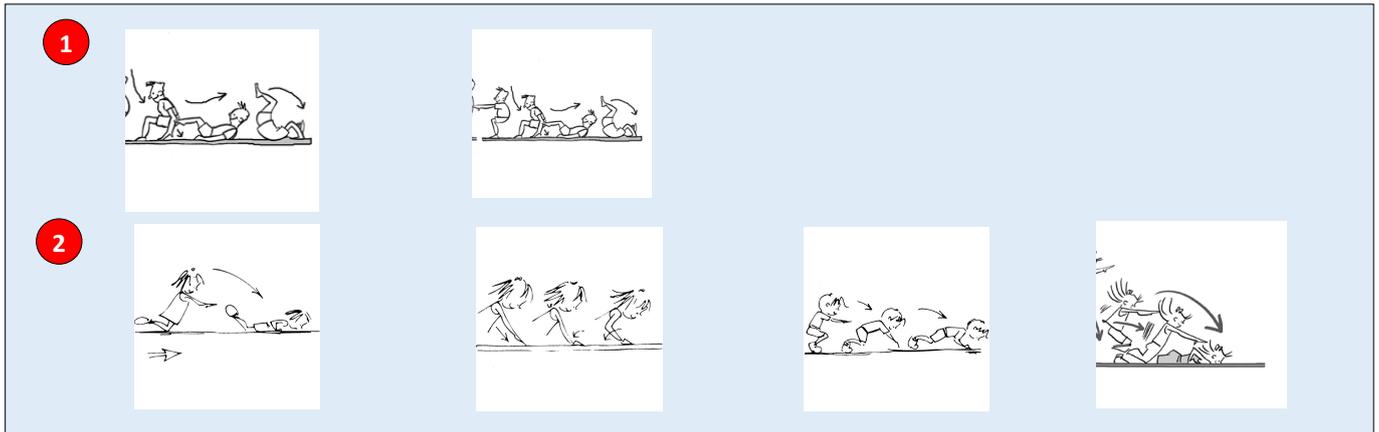
1.	<ul style="list-style-type: none"> a. 3 star jumps, 3 tuck jumps land in motorbike shape b. Perform routine with no additional in between bounces, 2 Tuck jumps, seat drop c. Perform routine with no additional in between bounces, Tuck jump, star jump, seat drop
Tips	One person at a time on the trampoline, 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 up onto mat land forward roll on mat b. Standing on tramp with hands on mat, 3 bounces, forward roll onto mat c. Standing on 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 onto mat
Tips	Wait until the person in front is off the mat prior to starting
3.	<ul style="list-style-type: none"> a. Front support on low pit bar, push off backwards to land in pit b. Front support on low pit bar, forward roll over bar to tuck shape c. Front support on low pit bar, forward roll over bar to land on back in pit
Tips.	Wait until the person in front is out of the pit before you get on the bar Bar needs to be at lowest setting
4.	<ul style="list-style-type: none"> a. Tuck jump forwards into pit b. Star jump into pit c. Straddle jump into pit
Tips	Wait until person in front is out of the pit before starting Gymnasts must walk back over the platform to return to the start



1.	<ol style="list-style-type: none"> a. Step 1 foot onto box kick legs up to bar to hang upside down b. Step 1 foot onto box kick pullover with assistance c. 1 step on box kick over pullover to front support
Extension	<ol style="list-style-type: none"> d. Step pullover without box e. Step pullover with straight legs f. Hang chin up pullover
Tips	When children get to front support, test how tight they can keep their feet together
2.	<ol style="list-style-type: none"> a. Jump to front support x 3 with foam between feet b. Jump to front support x 3 with foam between feet, swing legs back and forward x 3 in support c. Jump to front support x 3 with foam between feet, swing legs back and forward x 3 in support, forward roll to hang
Tips	1 gymnasts at a time on bars Can you jump to front support with straight arms
3.	<ol style="list-style-type: none"> a. From hanging march hands on rail 5 times b. From hanging on rail turn hands to reverse grip and back to top grip c. From hanging on rail turn hands to reverse grip and back to top grip with bean bag between feet
Tips	1 gymnast at a time on bars Straight arms when marching
4.	<ol style="list-style-type: none"> a. 3 small swings on high bar to motorbike land on stop sign fall rock backwards b. 3 swing on high bar with re-grip to motorbike land on stop sign fall rock backwards c. 3 swing on high bar with re-grip and foam between feet to motorbike land on stop sign fall rock backwards
Tips	Make sure there are no gymnasts waiting behind when swinging on high bar
5.	<ol style="list-style-type: none"> a. From motorbike, fall rock backwards without hands touching the ground b. From rocket jump motorbike, fall rock backwards without hands touching the ground c. From ½ turn motorbike, fall rock backwards without hands touching the ground
Tips	Ensure gymnasts fall backwards without hands touching the ground



1.	<ul style="list-style-type: none"> a. Jump onto box from mini tramp, forward roll b. Hands on box, bunny hop feet onto box, forward roll c. Hands on box, 3 bounces on mini tramp forward roll
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp
2.	<ul style="list-style-type: none"> a. Run with pompom in hands and jump to land in spring shape on feet markers on spring board, stop throw the pompoms up in the air as high as possible b. Run with pompom in hands and jump to land in spring shape on feet markers on spring board, immediate jump off and throw the pompoms up in the air as high as possible c. Run with pompom in hands and jump to land in spring shape on feet markers on spring board, immediate star jump off and throw the pompoms up in the air as high as possible
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, replace pompoms
3.	<ul style="list-style-type: none"> a. Jump off box backwards to land in motorbike b. Jump off box backwards, land in motorbike fall rock backwards without hands touching the ground c. Facing forward ½ turn Jump of box with foam between feet, land in motorbike fall rock backwards without hands touching the ground
Tips	Show motorbike shape prior to falling
4.	<ul style="list-style-type: none"> a. Holding foam block in hands 1 bounce on mini tramp land in motorbike stop egg roll sideways, shoot for basketball ring b. Holding foam block in hands 1 bounce on mini tramp land in motorbike immediate egg roll sideways, shoot for basketball ring c. Holding foam block in hands 1 bounce on mini tramp star jump, land in motorbike immediate egg roll sideways, shoot for basketball ring
Tips	1 shoot at target only Return the foam block to the next person
5.	<ul style="list-style-type: none"> a. Run jump 2 feet on board stop jump up to motorbike on mat, forward roll b. Run jump 2 feet on board immediate jump up to motorbike forward roll on mat c. Run jump 2 feet on board immediate forward roll on mat
Extension	<ul style="list-style-type: none"> d. Run jump 2 feet on board immediate forward roll on mat with straight arms e. Run jump 2 feet on board immediate forward roll on mat with straight arms and legs f. Run jump 2 feet on board immediate handstand flat back on mat
Tips	Wait at yellow line until the person in front is off the mat



1.	<p>a. Rock backwards from squat</p> <ul style="list-style-type: none"> • Do all together as a group • Do 1 at a time as a Mexican wave • Do with eyes closed <p>b. Fall backwards from motorbike</p> <p>c. Jump land in motorbike and fall backwards</p>
Tips	<ul style="list-style-type: none"> • Start in low position • Cross arms over chest • Chin on chest • Back round • Rock backwards • Finish in squat
2.	<p>a. Prone fall forwards from knees</p> <ul style="list-style-type: none"> • Do all together as a group • Do 1 at a time as a Mexican wave • Do with eyes closed <p>b. Prone fall from squat</p> <p>c. Prone fall from motorbike</p> <p>d. Jump land in motorbike and prone landing</p>
Tips	<ul style="list-style-type: none"> • Start on knees • Reach arms forwards • Hands flat to the floor • Bend elbows in • Turn head to side • Control with landing • Finish flat on the ground with elbows in

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)

Ask gymnasts to perform activity with eyes closed

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)

Ask gymnasts to perform activity with eyes closed

Start standing with small jump to land in motorbike