



gymsports

LEARN TO GYM

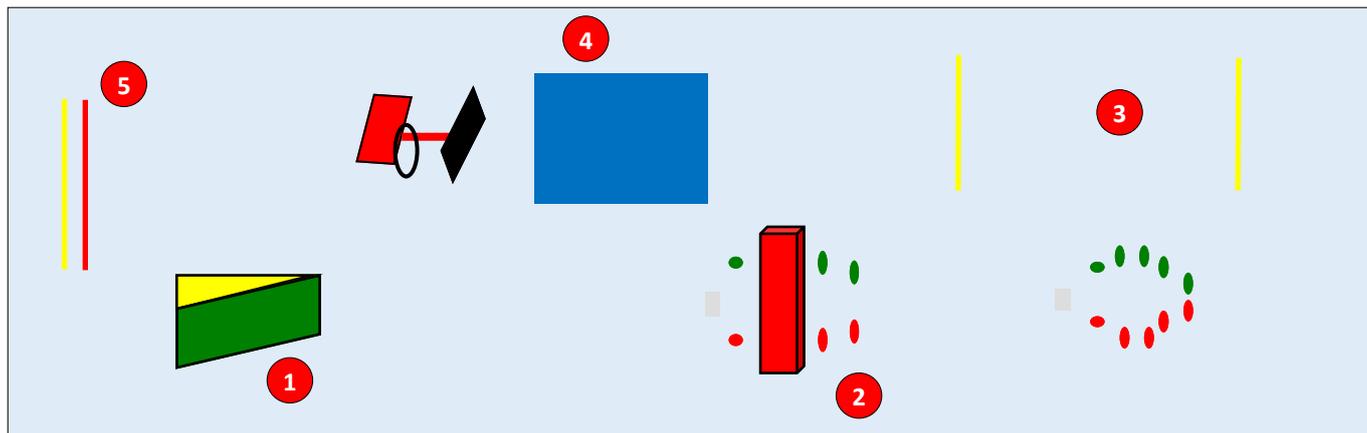
Gymskills

Lesson Plan

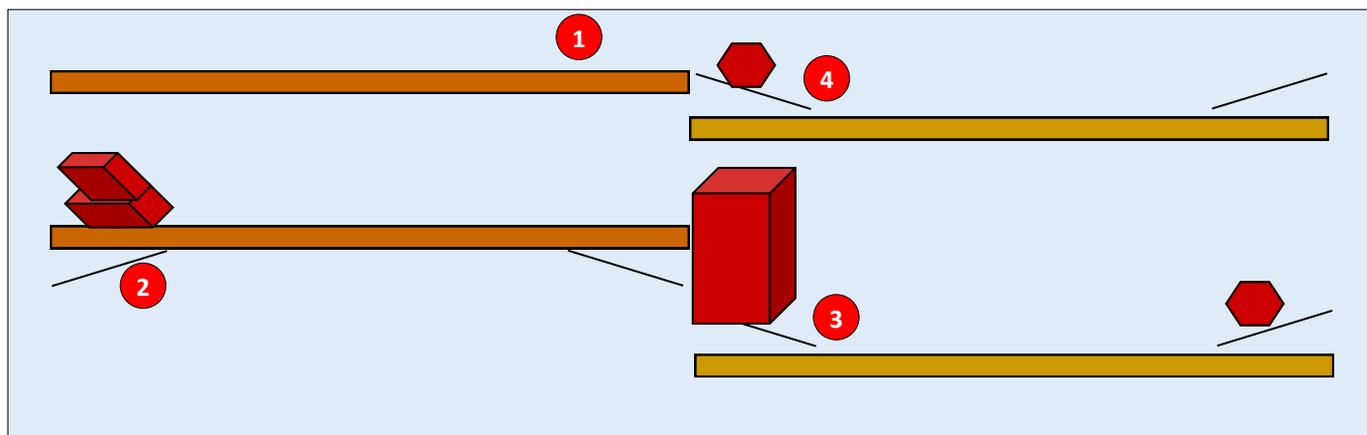
Kingborough

Week 1 and 2

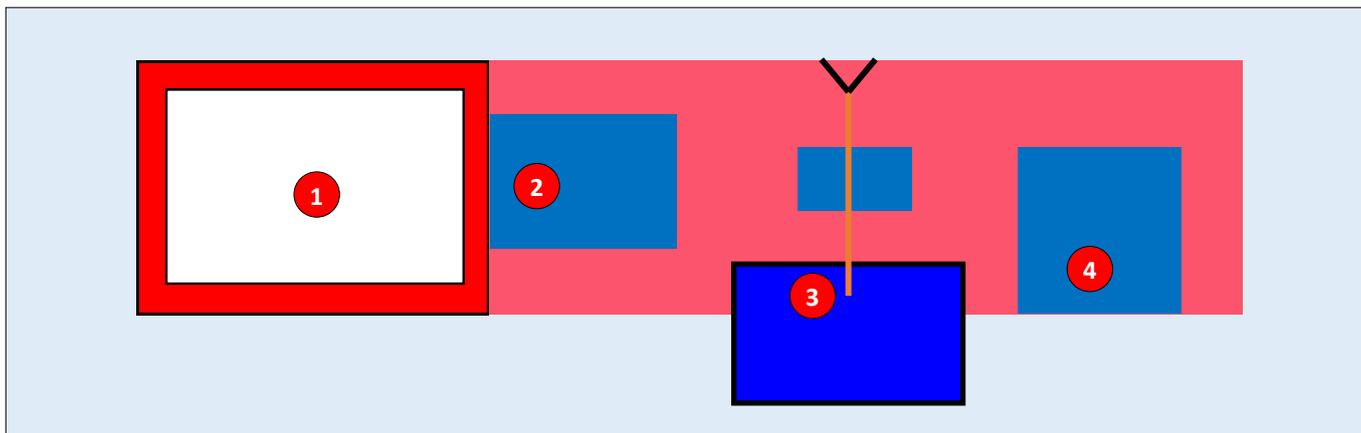
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes Tuck Star Rocket Motorbike Superman take off Have the children try making these shapes</p>
<p>Tips</p>	<p>You can try saying the shapes and look 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>



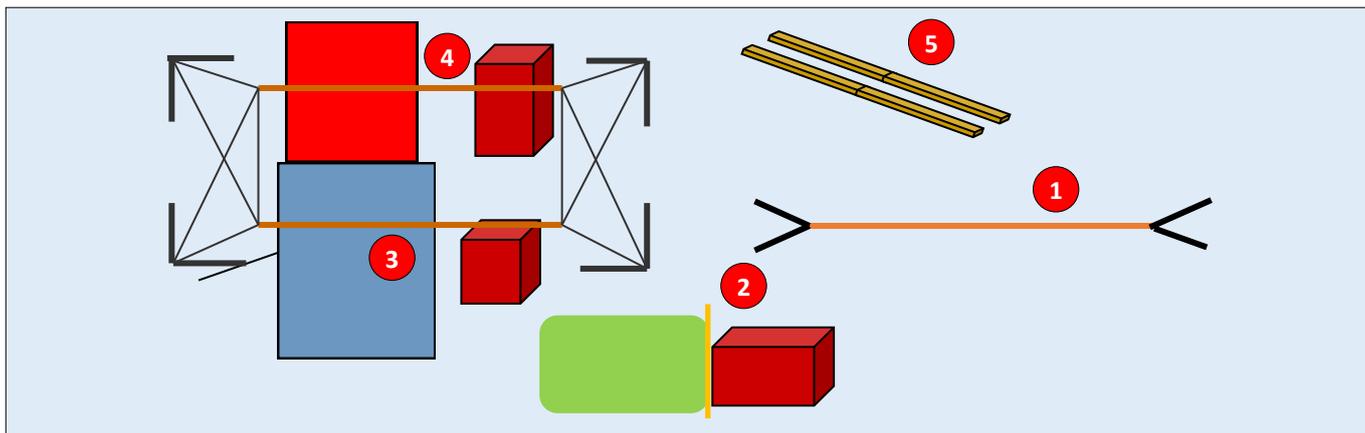
1.	<ul style="list-style-type: none"> a. Forward roll down hill with bean bag under chin to finish in tuck shape b. Beanbag between knees place nose on beanbag forward roll to tuck shape c. Forward roll down hill with bean bag under chin, between feet and knees to stand
Extension	<ul style="list-style-type: none"> d. Forward roll to squat (hands on hand shapes) with bean bag under chin and between feet e. As per above add bunny hop at end to stand f. Double forward roll with bean bag under chin and between feet to finish in squat
Tips	<p>Place the back of neck on the ground not the top of the head on ground when doing forward rolls If the child is uncertain about forward rolls, let them do a rocking or an egg roll activity Ensure person in front is off the activity before starting</p>
2.	<ul style="list-style-type: none"> a. From rocket, mini cartwheel over foam shape using hand and feet markers finish in star shape b. From presentation, rocket, mini cartwheel using hand and feet markers to finish in star shape c. From presentation, rocket, cartwheel on the line
Tips	<p>Ask children to make a strong presentation shape (Girls—letter Y fingers to roof thumb tucked under, Boys—Letter T with strong Karate hands)</p>
3.	<ul style="list-style-type: none"> a. Knees on trolley front support walk to other line b. Feet on trolley front support walk to other line c. Feet on trolley back support walk to other line
Tips	<p>Must carry the trolley back not throw</p>
4.	<ul style="list-style-type: none"> a. From stand, tuck rock holding foam return to stand shoot for basketball ring b. As per a) from presentation with bean bag between feet c. Forward roll to tuck shape with foam between feet, shoot for basketball ring
Tips	<p>Foam is not allowed to touch the ground The tighter you make your tuck shape when standing the easier it is</p>
5.	<ul style="list-style-type: none"> a. Walk feet up the wall, count to 10 b. Walk feet up the wall march feet on wall x 10 c. Walk feet up the wall march hands on ground x 10
Tips	<p>Must hold good rounded back position Start with back against wall Must return down to feet Only walk hands in to the yellow line</p>



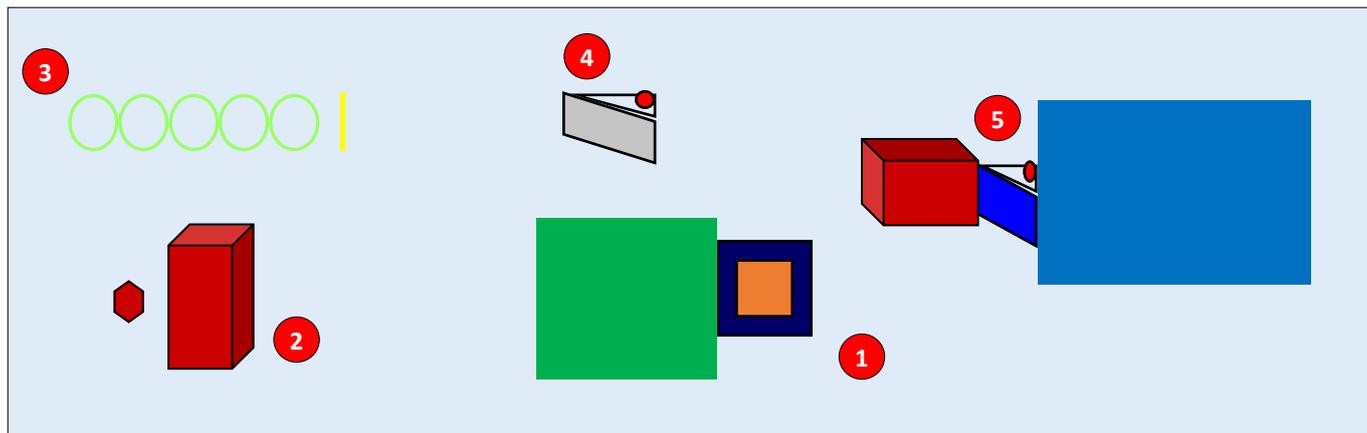
1.	<ul style="list-style-type: none"> a. Walking sideways on toes b. Walking forwards on toes c. Walking backwards
Extension	<ul style="list-style-type: none"> d. Walking backwards on toes e. Step kicks backwards with straight legs f. Step kicks backwards on toes with straight legs
Tips	<p>Wait until the person in front is half way along the beam before starting</p> <p>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, small throws and catches with foam b. Walk forwards on toes, throws to head height and catches c. Jumping forwards with foam, throw and catch foam after each jump
3.	<ul style="list-style-type: none"> a. Walk forwards, small throws and catches with foam, throw into cylinder b. Walk forwards on toes, throws to head height and catches, throw into cylinder c. Jumping forwards with foam, throw and catch foam after each jump, throw into cylinder
Tips	<p>Do not climb under beams to get your foam</p> <p>Return foam after your go</p>
4.	<ul style="list-style-type: none"> a. Walking sideways on toes b. Walking forwards on toes c. Walking backwards
Extension	<ul style="list-style-type: none"> d. Walking backwards on toes e. Step kicks backwards with straight legs f. Step kicks backwards on toes with straight legs



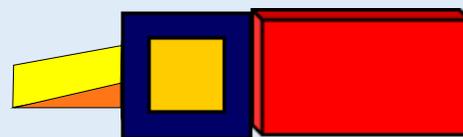
1.	<ul style="list-style-type: none"> a. 3 Tuck jumps, 1 seat drop b. 3 Star jumps, 1 seat drop c. 3 Star jumps, 1 straddled seat drop
Extension	<ul style="list-style-type: none"> d. 3 straddle jumps with straight legs, 1 seat drop e. 3 straddle jumps with straight legs, 1 seat drop, ½ turn on the way up f. 3 straddle jumps with straight legs, 1 seat drop, 1/1 turn on the way up
Tips	<p>One person at a time on the trampoline, must wait until the person 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 tramp to land in pit b. Star jump from tramp to land in Pit c. Half turn from tramp to land in Pit
Tips	<p>Must land feet first, not allowed to land on stomach or head</p> <p>“I’m looking for the biggest jump off the trampoline”</p> <p>Wait until the person in front is out of the pit</p>
3.	<ul style="list-style-type: none"> a. 3 small swings to land on soft box b. 3 swings to land on bottom on soft box c. 3 swings with regrip to land on bottom on soft box
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 backwards to land in pit b. Jump backwards to land in pit with eyes closed c. Tuck 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 feet of bottom first. Never land on stomach or head first into the pit</p> <p>ALWAYS RETURN TO THE START OF THE CIRCUIT VIA THE PLATFORM</p>



1.	<ol style="list-style-type: none"> a. Lift 1 foot to the bar, hold in hang for 3 seconds, jump down b. Lift feet to bar, hang in straddle position for 3 seconds c. Jump to place feet on bar in straddle hang and small swing x 3
Tips	Hold bar with both hands Place feet on the outside of hands
2.	<ol style="list-style-type: none"> a. Stand on single rail bar, jump down to motorbike shape b. Stand on single rail bar count to 3, jump down to motorbike shape c. Stand on single rail bar count to 10, jump down to motorbike shape
Tips	1 person at a time on bars Coach may assist
3.	<ol style="list-style-type: none"> a. Jump to front support, forward roll over bar with bean bag between feet b. Jump to front support forward roll over bar with straight legs and bean bag between feet c. Jump to front support with straight arms, forward roll over bars with straight legs and bean bag between feet
Tips	Gymnasts need to roll hands fully around the bar when performing a forward roll It is a good idea to spot the gymnasts first forward roll 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
4.	<ol style="list-style-type: none"> a. Climb rope ladder, hang on bar, march hands x 3 land on stop sign b. Climb rope ladder, ½ turn in hand land on stop sign c. Climb rope ladder, 1/1 turn on hang to land on stop sign
Extension	<ol 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	Some children may need help initially to do a 1/2 turn on the bars Low bar should be at higher setting
5.	<ol 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. From mini tramp, tuck jump off to land in motorbike with foam between knees b. From mini tramp, star jump off to land in motorbike with foam between knees c. From mini tramp, ½ turn off to land in motorbike with foam between knees
Extension	<ul style="list-style-type: none"> d. From mini tramp, 1/1 turn off to land in motorbike with foam between feet e. From mini tramp, pike jump off (with straight legs) to land in motorbike with foam between knees f. From mini tramp, ½ turn tuck jump off (touch knees during jump) to land in motorbike with foam between knees
Tips	<p>Must wait for gymnasts in front to get off the crash mat before you get on the mini tramp</p> <p>Avoid jumping on the mats of the mini tramp</p>
2.	<ul style="list-style-type: none"> a. Straight jump forwards perfect landing challenge b. Star jump forwards perfect landing challenge c. Backwards jump perfect landing challenge
Tips	<p>If athletes do not hold a perfect landing then they must join the back of the line and try again. After 3 attempts or a perfect landing, they can move to next activity station.</p>
3.	<ul style="list-style-type: none"> a. Hopping forward through the hoops b. Hopping backwards through the hoops c. Hopping backwards through the hoops (one hop only in each hoop)
Tips	<p>If athlete moves a hoop, they are to put it back in its original place.</p>
4.	<ul style="list-style-type: none"> a. Run and jump to land in motorbike shape on feet markers on spring board, immediate jump off to land in motorbike shape on the floor b. As above but star shape off to land c. As above but tuck shape off to land
Tips	<p>Ask gymnasts to land 2 feet together on the board</p> <p>Wait at the yellow line until the person in front has finished that activity</p> <p>Ask gymnast to count to 3 when landing in motorbike shape</p> <p>Holding motorbike shape slows the children down and will ensure more class control</p>
5.	<ul style="list-style-type: none"> a. Jump from box, 1 bounce to land in motorbike shape on mat, forward roll to tuck shape b. From spring board place hands on mat, 3 bounces, forward roll c. From box, 1 jump on spring board, forward roll onto mat
Tips	<p>Ensure the gymnasts are competent at forward rolls before progressing</p> <p>Wait until the person in front is off the mat prior to going</p>



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, 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