



**gymsports**

LEARN TO GYM

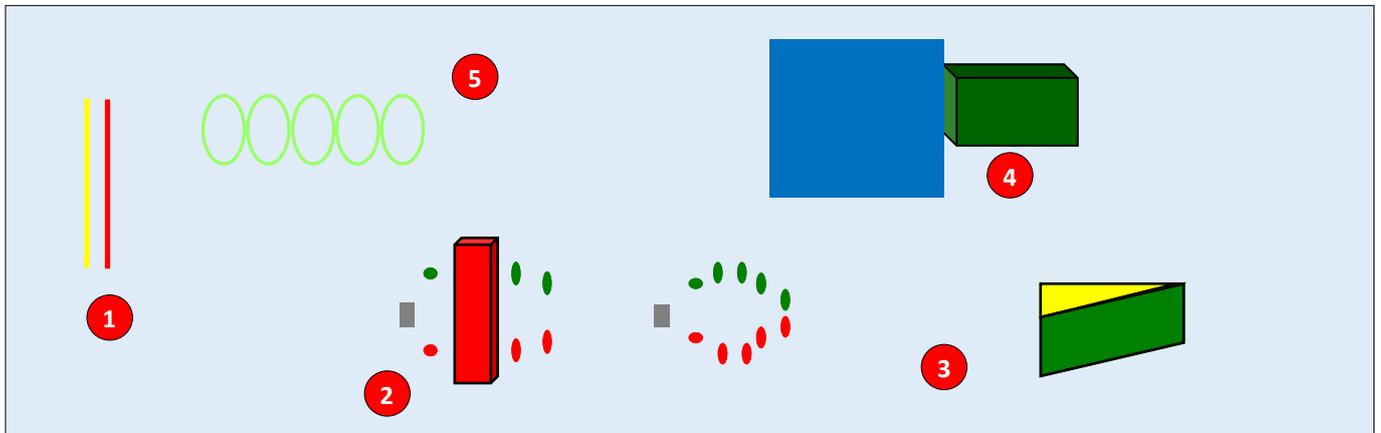
# Gymskills

## Lesson Plan

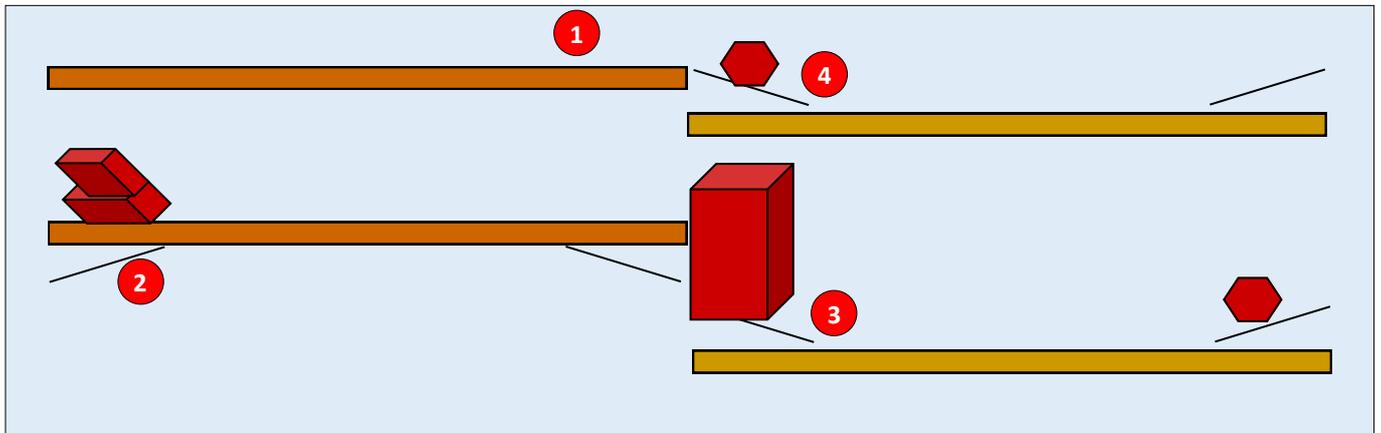
Kingborough

Week 3 and 4

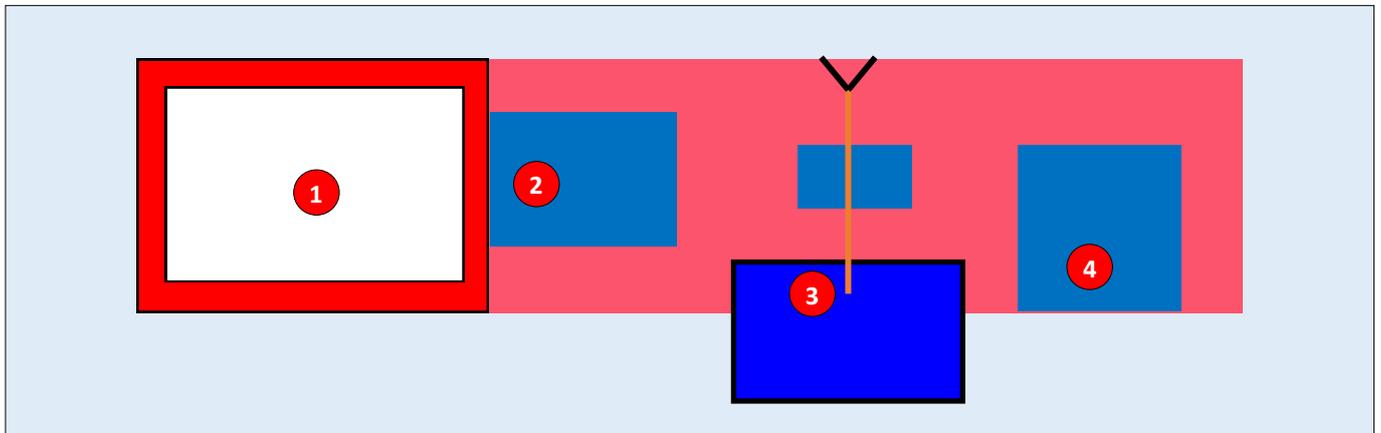
<p><b>Introduction</b></p>	<p>Ask all children to make their way down to the mats          Introduce coaches and trainee coaches          Explain and demonstrate the following shapes              Tuck              Star              Rocket              Motorbike              Superman take off              Introduce L-Sit (week 3)              Introduce Presentation Shape (week 4)          Have the children try making these shapes</p>
<p><b>Tips</b></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><b>Joint Mobilisation</b></p>	<p><b><u>Copy Cat</u></b></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"> <li>* Head up, down</li> <li>* Head side to side</li> <li>* Star shape, circles with hands</li> <li>* Circles at elbows</li> <li>* Circles with arms</li> <li>* Star shape twist to each side</li> <li>* Lean over to each side, one hand to knees other hand to roof</li> <li>* Circles with hips</li> <li>* Bend and straighten knees</li> <li>* Point and flex toes</li> <li>* Sit in tuck shape</li> </ul>
<p><b>Tips</b></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>



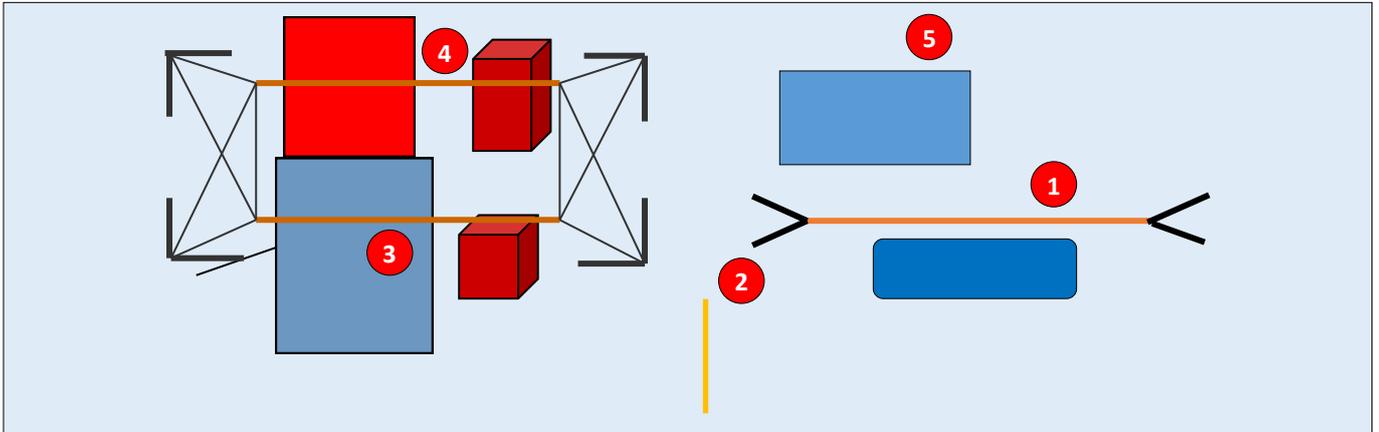
1.	<ul style="list-style-type: none"> <li>a. Walk feet up wall hands to the yellow line, March feet on wall x 5</li> <li>b. Walk feet up wall hands on yellow line, March on hands x 5</li> <li>c. Walk feet up wall hands on yellow line, March on hands touching head in between x 5</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Walk feet up wall hands on yellow line, March on hands touching hip in between x 5</li> <li>e. Walk feet up wall hands on red line, March on hands touching head in between x 5</li> <li>f. Walk feet up wall hands on red line, March on hands touching hip in between x 5</li> </ul>
Tips	Ask gymnast to look at their feet and have chest in Gymnasts must climb back down onto feet not collapse onto stomach
2.	<ul style="list-style-type: none"> <li>a. From rocket, Mini cartwheel over foam shape with 3 foam blocks on top using hand and feet markers, finish in star shape</li> <li>b. From Presentation, cartwheel using hand and feet markers over 3 foam blocks to finish in star shape</li> <li>c. From Presentation step reach hands over foam blocks cartwheel on the line</li> </ul>
Tips	Wait until the person in front is finished prior to starting
3.	<ul style="list-style-type: none"> <li>a. Backward roll with assistance</li> <li>b. Backward roll to squat</li> <li>c. Backward roll to angry cat</li> </ul>
Tips	Ask gymnasts to place chin on chest when performing backward rolls Hands by ears
4.	<ul style="list-style-type: none"> <li>a. From kneeling on box, place hands on the mat next to the box, tuck head under to perform a forward roll to finish in tuck shape</li> <li>b. As per a) with bean bag between feet to stand. Stand without using hands</li> <li>c. As per a) with bean bag between feet and under chin to stand. Stand without using hands</li> </ul>
Tips	Ask gymnast to place their nose on the box as they roll Gymnast need to slide feet off the box
5.	<ul style="list-style-type: none"> <li>a. Bunny hops through the hoops with bean bag between feet</li> <li>b. Place hands in hoops bunny hop either side of the hoop then move hands up to the next hoop and repeat until you reach the end</li> <li>c. As per b) with bean bag between feet</li> </ul>
Tips	After their turn they need to give the bean bag back to the next person



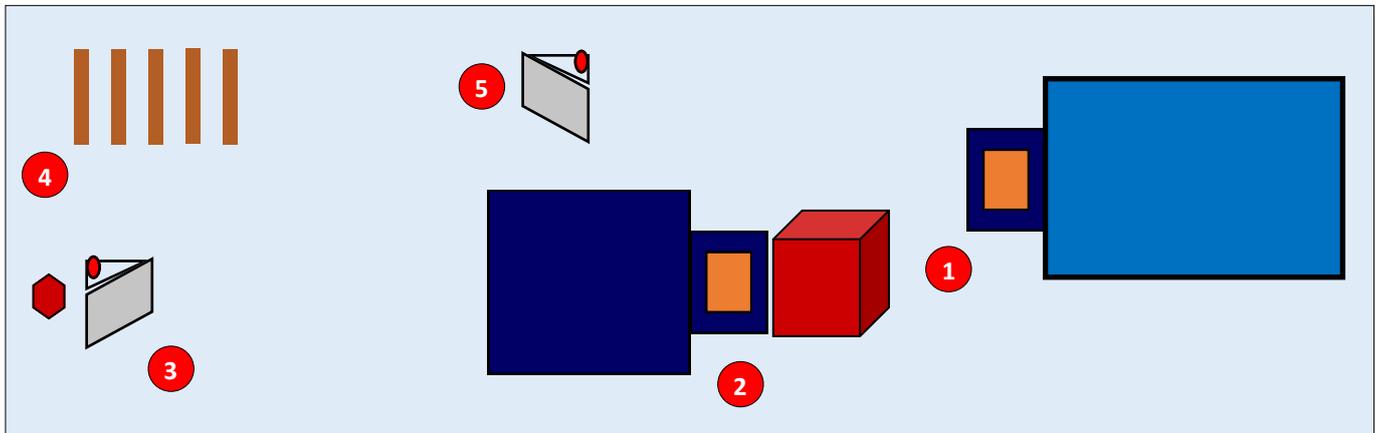
1.	<ul style="list-style-type: none"> <li>a. Step through hoop lift over head (like skipping)</li> <li>b. Walk sideways rocking hoop on 1 hand</li> <li>c. Walk sideways spinning hoop on 1 hand</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Walk sideways spinning hoop on 1 hand, then change to the other hand while still spinning, repeat.</li> <li>e. Jump through hoop lift over head Can stop between each go</li> <li>f. Skipping along beam with feet together, continuous</li> </ul>
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"> <li>a. Walking forward, throw and catch hoop in 1 hand</li> <li>b. Walking forwards, pancake flip of hoop</li> <li>c. Walking forwards throw hoop up with 1 hand catch with the other</li> </ul>
3.	<ul style="list-style-type: none"> <li>a. Step kicks forward with Marker cone on head</li> <li>b. Grape vine sideways with Marker cone on head</li> <li>c. Step kicks backwards with Marker cone on head</li> </ul>
Tips	<p>Do not climb under beams to get your cone Return cone after your go</p>
4.	<ul style="list-style-type: none"> <li>a. Step through hoop lift over head (like skipping)</li> <li>b. Walk sideways rocking hoop on 1 hand</li> <li>c. Walk sideways spinning hoop on 1 hand</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Walk sideways spinning hoop on 1 hand, then change to the other hand while still spinning, repeat.</li> <li>e. Jump through hoop lift over head Can stop between each go</li> <li>f. Skipping along beam with feet together, continuous</li> </ul>



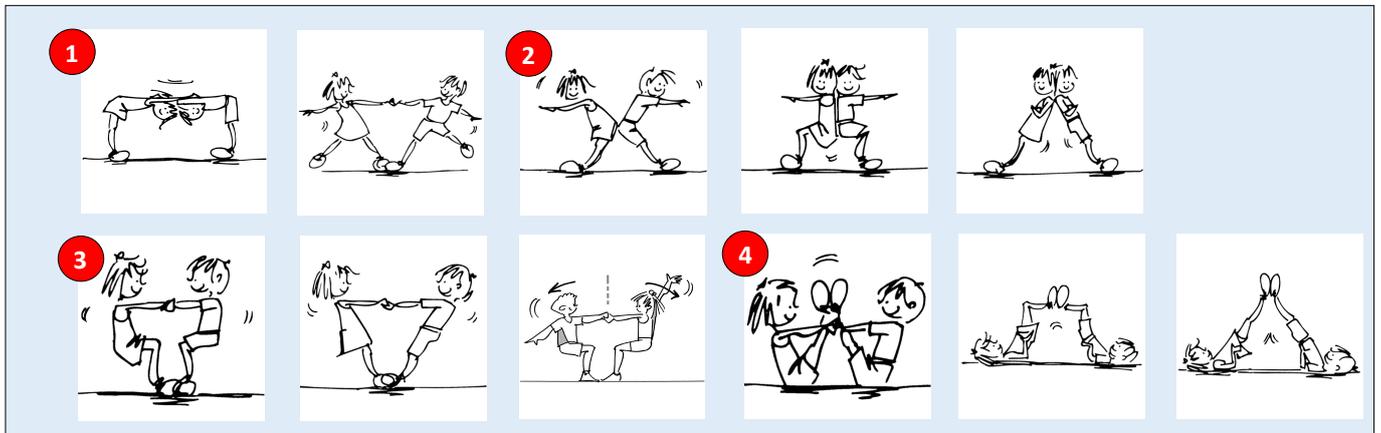
1.	<ul style="list-style-type: none"> <li>a. 3 star jumps, jump full turn</li> <li>b. 3 straddle jumps to touch toes, jump full turn</li> <li>c. 3 pike jumps to touch toes, jump full turn</li> </ul>
Tips	<p>Ask gymnasts to do jumps with straight legs and pointed toes</p> <p>One person at a time on the trampoline, must wait to the person is off before you get on</p> <p>Only do activities that instructors ask you to do on trampoline</p>
2.	<ul style="list-style-type: none"> <li>a. Jump from trampoline to touch noodle, landing in the pit</li> <li>b. On third jump, coach will throw a piece of foam into the air, gymnasts attempt to jump into the pit and catch the foam. Gymnasts can throw foam for each other if sensible</li> <li>c. As per b) but thrown higher</li> </ul>
Tips	<p>Thrower Count out loud "1,2,3" and then throw the foam, it may take children a couple of turns, they need to trust that you will throw the foam on "3"</p> <p>Must land feet first, not allowed to land on stomach or head</p> <p>Wait until the person in front is out of the pit</p>
3.	<ul style="list-style-type: none"> <li>a. 5 swings to land in the pit</li> <li>b. 5 swings with regrip to land in pit</li> <li>c. 5 swings with regrip and foam between feet to land in pit</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. 5 large swings with regrip, straight legs and foam between feet</li> <li>e. 5 large swings with foam between feet, on 5th swing attempt to kick foam over the bar</li> <li>f. 5 large swings, on 5th swing attempt swing pullover, with foam between feet</li> </ul>
Tips	<p>Encourage gymnast to land on their back swing</p> <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"> <li>a. Tuck jump forwards to land on feet in pit</li> <li>b. Star jump to land on feet in pit</li> <li>c. Straddle jump to land on feet in pit</li> </ul>
Tips	<p>Wait until the person in front is out of the pit prior to getting in</p> <p>Finish all jumps into the pit with legs apart</p>



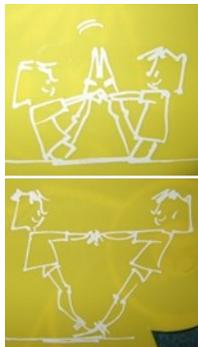
1.	<ol style="list-style-type: none"> <li>a. Walk feet up box, kick over to front support with assistance</li> <li>b. Walk feet up box, kick over bar to front support</li> <li>c. Chin up to bar, walk feet up box kick over to front support</li> </ol>
Tips	This activity may require spotting Gymnast is not to let go of the bar until feet have touched the ground Finish in front support shape with straight arms
2.	<ol style="list-style-type: none"> <li>a. Front support on bars, march hands x 5, cast to stand on stop sign</li> <li>b. Front support on bars, march hands to reverse grip and back, cast to stand</li> <li>c. As above with foam between knees</li> </ol>
Tips	Gymnast is not to let go of the bar until feet are on the ground Maintain strong support shape
3.	<ol style="list-style-type: none"> <li>a. From hang on low bar, lift feet to bar and count to 3</li> <li>b. From hang on low bar, lift feet to bar, through basket hang to place feet on ground, forward roll back to stand</li> <li>c. As per b) without feet touching bar</li> </ol>
Extension	<ol style="list-style-type: none"> <li>d. As per c) to finish in tuck hang hold for 3 seconds</li> <li>e. As per c) to finish in L-hang hold for 3 seconds</li> <li>f. As per e) to finish in L-hang then try chin up pullover without touching the ground</li> </ol>
Tips	This activity needs to be spotted Raise the ground so the bar is at chest height
4.	<ol style="list-style-type: none"> <li>a. Climb rope ladder, 5 swings to land on the stop sign</li> <li>b. Climb rope ladder, 5 swings with re-grip to land on stop sign</li> <li>c. Climb rope ladder, 5 swings with re-grip to land on stop sign with straight legs through out</li> </ol>
Tips	Low bar should be at higher setting
5.	<ol style="list-style-type: none"> <li>a. From L-sit with bean bag between feet, rock back to candle stick, drop bean bag into hands</li> <li>b. b) As above but start in stand squat</li> <li>c. c) As above but start in stand, fall back with straight legs to candle stick</li> </ol>



1.	<ul style="list-style-type: none"> <li>a. Standing on mini trampoline with hands on wedge, 3 bounces, forward roll with foam between knees</li> <li>b. Standing on mini trampoline, 3 bounces, forward roll with foam between knees</li> <li>c. Forward roll with straight arms to finish lying on back with foam between knees</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Forward roll with straight arms and legs to finish lying on back with foam between knees</li> <li>e. Bounce to handstand flat back onto mat with foam between knees</li> <li>f. Spotted flyspring with foam between knees</li> </ul>
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the double mini trampoline This activity needs coaches' assistance
2.	<ul style="list-style-type: none"> <li>a. Jump from box 1 bounce, tuck jump to land in motorbike shape on mat</li> <li>b. Jump from box 1 bounce, star jump to land in motorbike shape on mat</li> <li>c. Jump from box 1 bounce, ½ turn to land in motorbike shape on mat</li> </ul>
Tips	Ask the gymnasts to imagine the mini trampoline is a hot frying pan, they have to get off it as fast as they can
3.	<ul style="list-style-type: none"> <li>a. Run and jump to land in motorbike shape on feet shapes on spring board, immediate jump off to land in motorbike shape on the box</li> <li>b. Run and jump to land in motorbike shape on feet shapes on spring board, immediate tuck jump off to land in motorbike shape on the box</li> <li>c. Run and jump to land in motorbike shape on feet markers on spring board feet either side of piece of foam, immediate jump off, with foam between feet to land in motorbike shape on the box</li> </ul>
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
4.	<ul style="list-style-type: none"> <li>a. Continuous Tuck Jumps over foam blocks with foam between feet</li> <li>b. Star jump over foam shapes to land feet together stop and then repeat</li> <li>c. Hopping over foam blocks</li> </ul>
Tips	Try to only do one jump between each foam block
5.	<ul style="list-style-type: none"> <li>a. 3 Rocket jumps with foam between knees and foam above head then rocket jump off to motorbike</li> <li>b. 3 Rocket jumps with foam between knees and foam above head then ½ turn off to motorbike</li> <li>c. 3 Rocket jumps with foam between knees and foam above head then 1/1 turn off to motorbike</li> </ul>
Tips	Place the foam on the board after your go Ask who can have the straightest legs and tightest toes when jumping



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



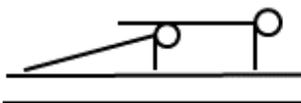
**Partner Balances**

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.