



***gymsports***

LEARN TO GYM

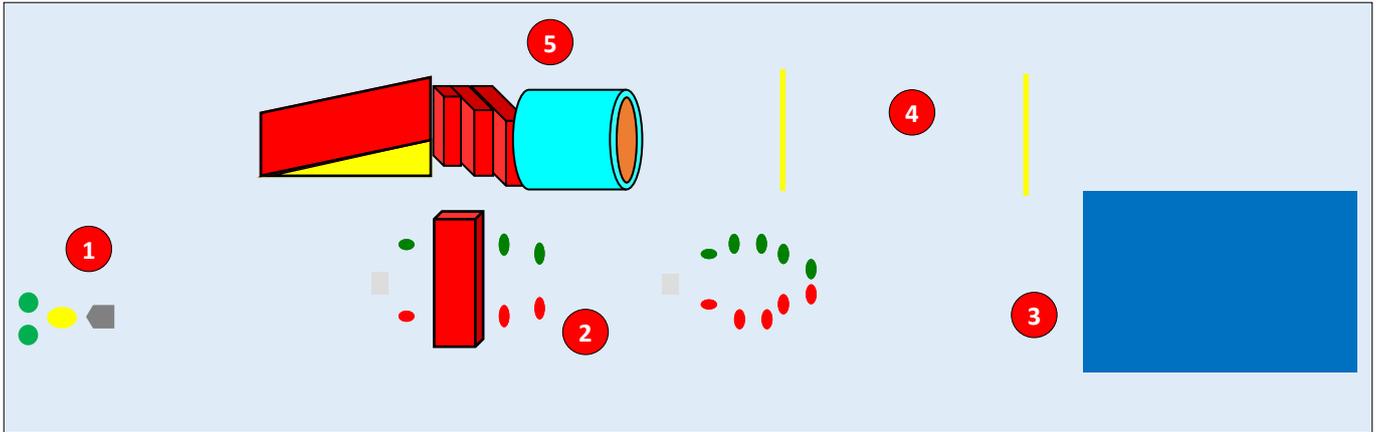
# Gymskills

## Lesson Plan

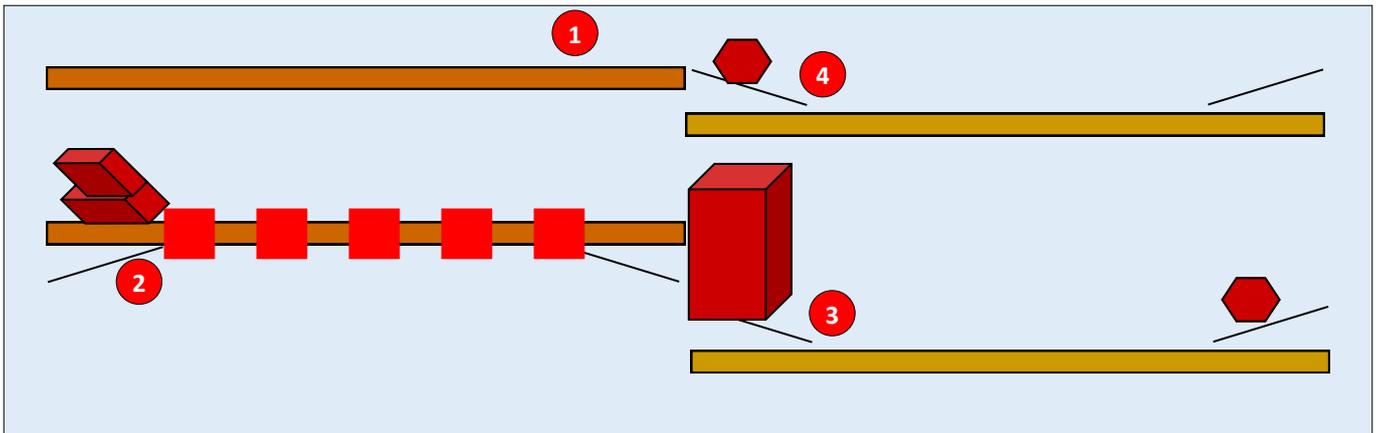
Kingborough

Week 5 and 6

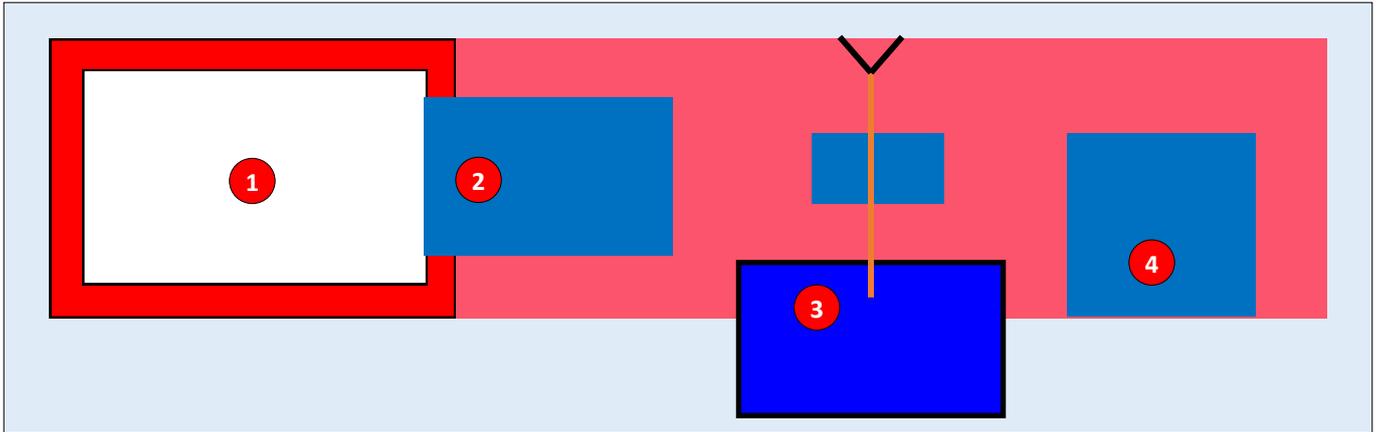
<p>Introduction</p>	<p>Ask all children to make their way down to the mats                  Introduce coaches and trainee coaches                  Explain and demonstrate the following shapes                      Tuck                      Star                      Rocket                      Motorbike                      Superman take off                      L-Sit                      Presentation Shape                  Introduce Front Support (Week 5)                  Introduce Back Support (Week 6)                  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"> <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>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>



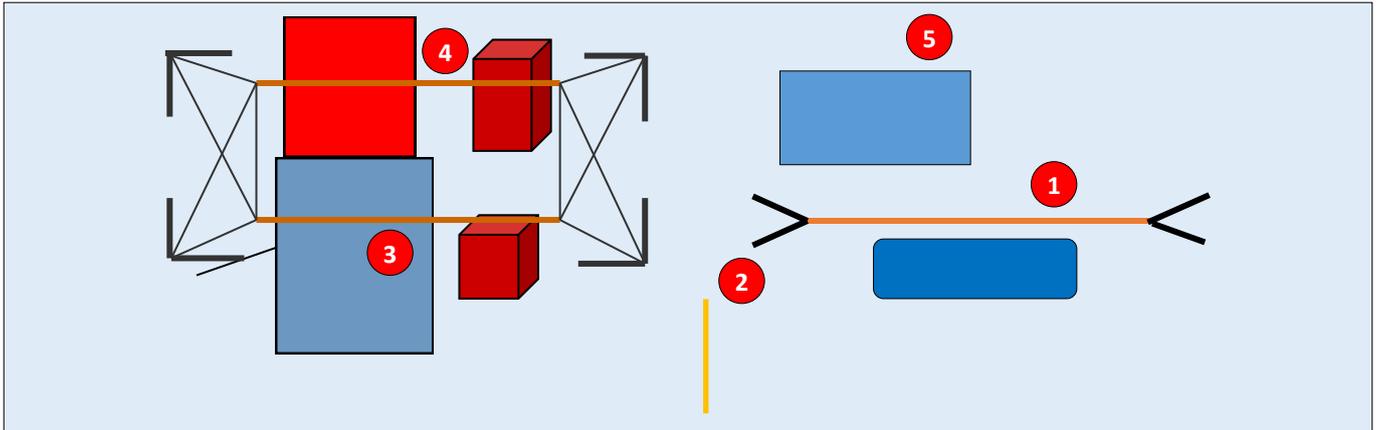
1.	<ul style="list-style-type: none"> <li>a. From lunge position, place hands on hand shapes 3 small hops on 1 leg return to finish in lunge on feet shapes</li> <li>b. From lunge position, place hands on hand shapes 3 small hops on 1 leg return on third hop try to get back leg to hit the wall to finish in lunge on feet shapes</li> <li>c. 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</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. From lunge position, handstand against the wall step down to lunge position</li> <li>e. From lunge position, handstand against the wall hold 5 seconds step down to lunge position</li> <li>f. From presentation, rocket, lunge position, handstand against the wall hold 5 seconds step down to lunge position</li> </ul>
Tips	<p>Gymnast must keep arms straight when doing handstands Aim to keep straight body throughout the skill</p>
2.	<ul style="list-style-type: none"> <li>a. Rocket, Mini cartwheel over foam shape using hand and feet markers finish in star shape</li> <li>b. Rocket, cartwheel on line between foam shapes</li> <li>c. Presentation, Rocket, 2 cartwheels on the line</li> </ul>
Tips	<p>Wait until the person in front is finished prior to starting Start in presentation shape Y - girls, T - boys</p>
3.	<ul style="list-style-type: none"> <li>a. Presentation, forward roll to tuck shape, rock back to candle stick, stand</li> <li>b. Arabesque on 1 leg for 3 seconds, forward roll to L-sit rock back to candle stick stand</li> <li>c. Arabesque on 1 leg for 3 seconds, forward roll to L-sit, rock back to candle stick, stand, rocket jump</li> </ul>
Tips	<p>Place the back of neck on the ground not the top of the head on ground when doing forward rolls If gymnasts falls over during arabesque then they must start arabesque counting again</p>
4.	<ul style="list-style-type: none"> <li>a. Lying on yellow line with foam between feet and foam above head, log roll to other line without losing foam</li> <li>b. Lying on yellow line with foam between feet and foam above head, log roll to other line without losing foam or letting the foam touch the ground</li> <li>c. Lying on yellow line with foam between feet and foam above head, seal roll to other line without losing or letting foam touch the ground</li> </ul>
5.	<ul style="list-style-type: none"> <li>a. Crawl through cylinder, up the stairs, forward roll down hill</li> <li>b. Crawl through cylinder, up the stairs, straddled forward roll down hill to finish in star with straight legs</li> <li>c. Crawl through cylinder, up the stairs, backward roll down hill</li> </ul>



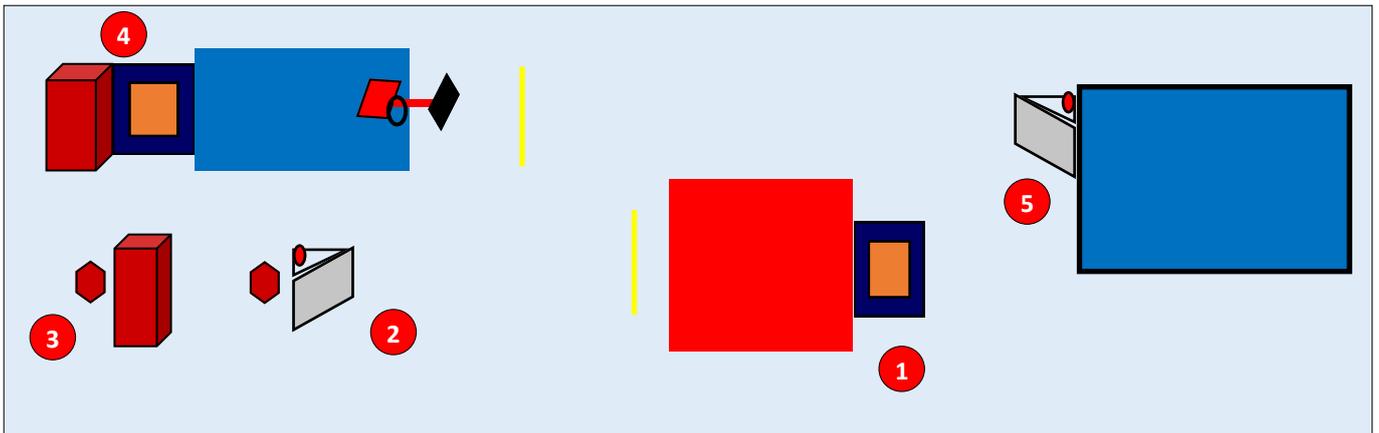
1.	<ul style="list-style-type: none"> <li>a. Step dips forward with marker cone on head</li> <li>b. Step kicks forwards with marker cone on head</li> <li>c. Step kicks with straight legs and marker cone on head</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Step kicks to the middle step forward kneeling on beam placing back knee on the beam with bean marker cone on head</li> <li>e. Step kicks to the middle step forward kneeling scale on beam with marker cone on head</li> <li>f. Step kicks to the middle step forward kneeling scale on beam with marker cone on head, stand ½ turn step kicks backward to the end of the beam</li> </ul>
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> <p>Return cone after your go</p>
2.	<ul style="list-style-type: none"> <li>a. From 1 foot leap over foam block to land on 2 feet</li> <li>b. Jump over foam blocks</li> <li>c. Jump over foam block to land on 1 foot</li> </ul>
3.	<ul style="list-style-type: none"> <li>a. Walking forwards, throw and catch the bean bag from 1 hand to the other</li> <li>b. Walking sideways throw and catch the bean bag from 1 hand to the other</li> <li>c. Walking backwards throw and catch the bean bag from 1 hand to the other</li> </ul>
Tips	<p>Do not climb under beams to get your bean bag</p> <p>Return bean bag after your go</p>
4.	<ul style="list-style-type: none"> <li>a. Walking forwards, throw and catch the bean bag from 1 hand to the other</li> <li>b. Walking sideways throw and catch the bean bag from 1 hand to the other</li> <li>c. Walking backwards throw and catch the bean bag from 1 hand to the other</li> </ul>



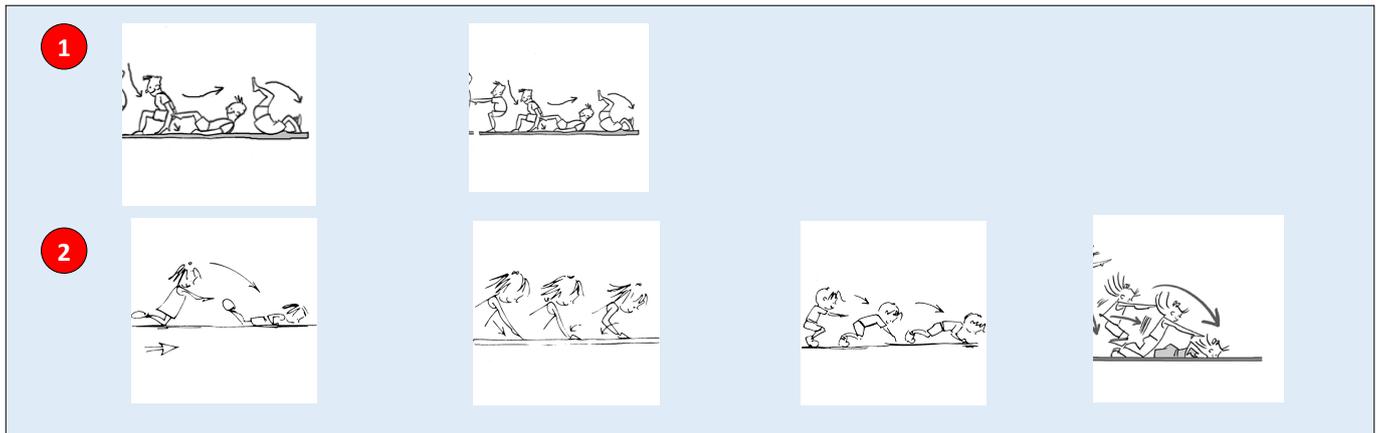
1.	<ul style="list-style-type: none"> <li>a. Star jump, tuck jump, seat drop return to feet</li> <li>b. Perform routine with no additional jumps between skills, star jump, tuck jump, seat drop, ½ turn to feet</li> <li>c. Perform routine with no additional jumps between skills, star jump, tuck jump, seat drop full turn to feet</li> </ul>
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>Hands by sides during the seat drop</p>
2.	<ul style="list-style-type: none"> <li>a. Standing on tramp, with hands on mat, 3 bounces, forward roll onto mat</li> <li>b. Standing on tramp, 3 bounces, forward roll onto mat</li> <li>c. Forward roll with straight arms to finish lying on back</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Forward roll with straight arms and legs to finish lying on back</li> <li>e. Bounce to handstand flat back onto mat</li> <li>f. Attempt Flyspring to feet with straight arms and legs</li> </ul>
Tips	<p>Wait until the person in front is off the mat prior to starting</p>
3.	<ul style="list-style-type: none"> <li>a. Stand on the side of the low bar jump into the pit (coach assisted)</li> <li>b. Stand on the side of the low pit bar walk into the middle, jump into pit</li> <li>c. Stand on the side of the low pit bar walk into the middle, “how long can you balance?” Jump into pit</li> </ul>
Tips	<p>Wait until the person in front is out of the pit before you get on the bars</p>
4.	<ul style="list-style-type: none"> <li>a. Backwards Rocket jump into the pit to land on feet</li> <li>b. Backwards Tuck jump into the pit to land on feet</li> <li>c. Backwards Tuck jump into the pit to land on feet with eyes closed</li> </ul>
Tips	<p>Wait until the person in front is out of the pit prior to getting in</p> <p>Walk back over platform to return to the trampoline</p>



1.	<ol style="list-style-type: none"> <li>a. Step 1 foot on box, pullover to support with assistance</li> <li>b. Walk feet up box as high as possible kick over bar pullover to front support</li> <li>c. 1 step on box kick over pullover to front support</li> </ol>
Extension	<ol style="list-style-type: none"> <li>d. Step pullover without box</li> <li>e. Step pullover with straight legs</li> <li>f. Hang chin up pullover</li> </ol>
Tips	When children get to front support try to test how tight they can keep their feet together
2.	<ol style="list-style-type: none"> <li>a. Lift to front support, forward roll to hang</li> <li>b. Lift to front support , forward roll to tuck hang with bean bag between feet</li> <li>c. Lift to front support , forward roll to L hang with bean bag between feet</li> </ol>
Tips	When performing a forward roll gymnasts must keep hands on the bar
3.	<ol style="list-style-type: none"> <li>a. Front support position and 5 shoulder shrugs</li> <li>b. Front support position and 5 shoulder shrugs to forward roll</li> <li>c. Front support position and 5 shoulder shrugs to forward roll finish in tuck</li> </ol>
Tips	<p>Strong straight arms</p> <p>Make sure hands don't come off the bar</p>
4.	<ol style="list-style-type: none"> <li>a. 5 swings on high bar with regrip to motorbike land on stop sign fall rock backwards</li> <li>b. 5 swings on high bar with regrip and foam between feet to motorbike land on stop sign fall rock backwards</li> <li>c. 5 swings on high bar with regrip and foam between feet, on 5th front swing try to kick the foam over the bar, motorbike land on stop sign fall rock backwards</li> </ol>
Tips	<p>Remind student not to put hands down when falling backwards</p> <p>Ensure good matting under the bars</p>
5.	<ol style="list-style-type: none"> <li>a. From knees safe fall forwards to stomach</li> <li>b. From motorbike fall to knees then safe fall forwards to stomach</li> <li>c. From jump, motorbike fall to knees then safe fall forwards to stomach</li> </ol>



1.	<ul style="list-style-type: none"> <li>a. 3 bounces on mini tramp, jump onto box forward roll</li> <li>b. 3 bounces, hands on box forward roll</li> <li>c. As above with straight legs</li> </ul>
Tips	Must wait for gymnasts in front to get off the box before you get on the mini tramp
2.	<ul style="list-style-type: none"> <li>a. Run jump 2 feet on the spring board on feet shapes, stop, as you jump off to land on stop sign lift your arms up to hit the noodle as high up above your head as possible</li> <li>b. Run jump 2 feet on the spring board on feet shapes, as you jump off to land on stop sign lift your arms up to hit the noodle as high up above your head as possible</li> <li>c. Run jump 2 feet on the spring board on feet shapes, as you jump off to land on stop sign lift your arms up to hit the noodle as high up above your head to land on spring board</li> </ul>
Tips	After your turn place the noodle back on top Wait at the yellow line until the person in front has finished that activity
3.	<ul style="list-style-type: none"> <li>a. Jumping off box backwards with foam between feet, land in motorbike fall rock backwards without hands touching the ground</li> <li>b. Facing forward ½ turn jumping off box with foam between feet, land in motorbike fall rock backwards without hands touching the ground</li> <li>c. Facing forward with eyes closed ½ turn Jumping of box with foam between feet, land in motorbike fall rock backwards without hands touching the ground</li> </ul>
Tips	Show motorbike shape prior to fall roll backwards
4.	<ul style="list-style-type: none"> <li>a. 3 jumps on the mini tramp and land on the mat then shoot for a goal</li> <li>b. 3 jumps on the mini tramp, while in the air shoot for a goal</li> <li>c. 3 jumps on the mini tramp, half turn and then shoot for a goal</li> </ul>
5.	<ul style="list-style-type: none"> <li>a. Run jump 2 feet on board immediate jump up to motorbike forward roll</li> <li>b. Run jump 2 feet on board immediate forward roll on mat</li> <li>c. Run jump 2 feet on board immediate forward roll on mat with straight arms</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Run jump 2 feet on board immediate forward roll on mat with straight arms and legs</li> <li>e. Run jump 2 feet on board immediate handstand flat back onto mat</li> <li>f. Run jump 2 feet on board immediate spotted flyspring to feet</li> </ul>



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

### 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)

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)

Start standing with small jump to land in motorbike