



**gymsports**

LEARN TO GYM

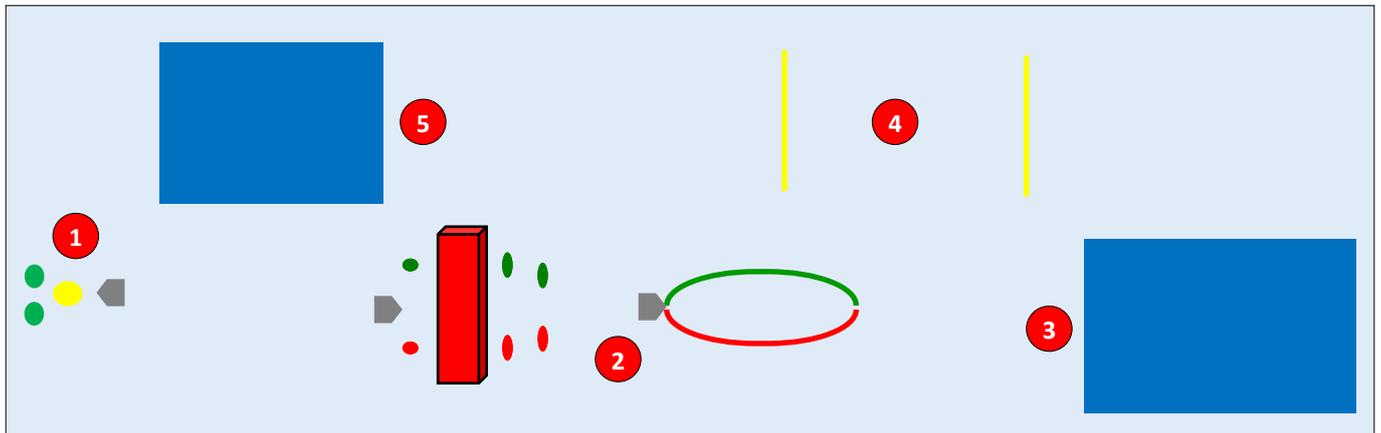
# Gymskills

## Lesson Plan

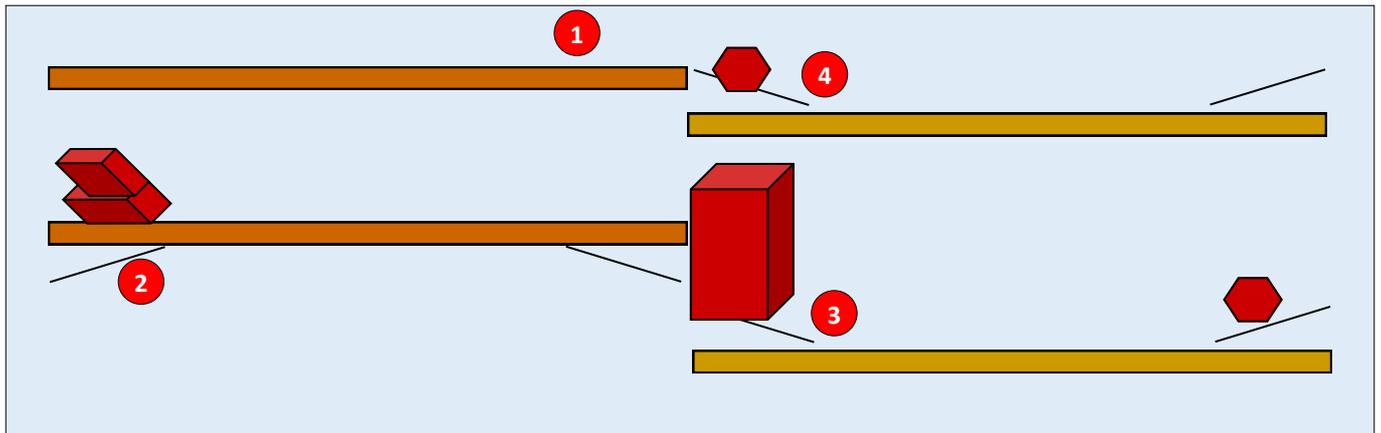
Kingborough

Week 7 and 8

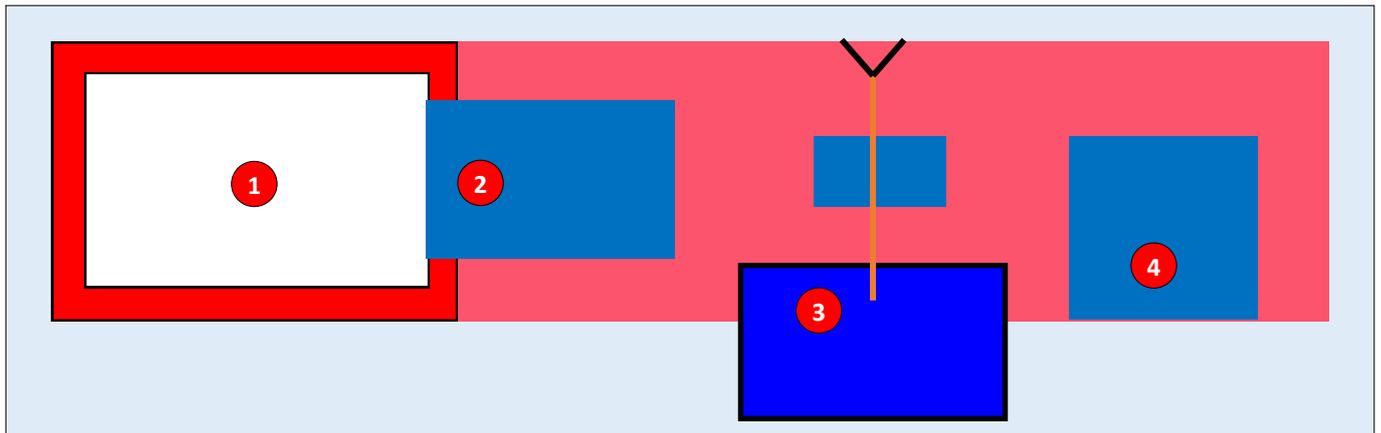
<p><b>Introduction</b></p>	<p>Ask all children to make their way down to the mats          Introduce coaches and trainee coaches          Explain and demonstrate the following shapes</p> <ul style="list-style-type: none"> <li>* Tuck</li> <li>* Star</li> <li>* Rocket</li> <li>* Motorbike</li> <li>* L-shape</li> <li>* Front support</li> <li>* Back support</li> <li>* Presentation</li> <li>* Introduce dish shape (week 7)</li> <li>* Introduce arch shape (week 8)</li> </ul> <p>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>Eyes Closed Copy Cat</u></b></p> <p>Coach stands at the front, and will talk and demonstrate the warm up activities          Gymnasts need to close their eyes and listen to the instructor to perform the activities.          Try to look for the best copy cat without peeking          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>



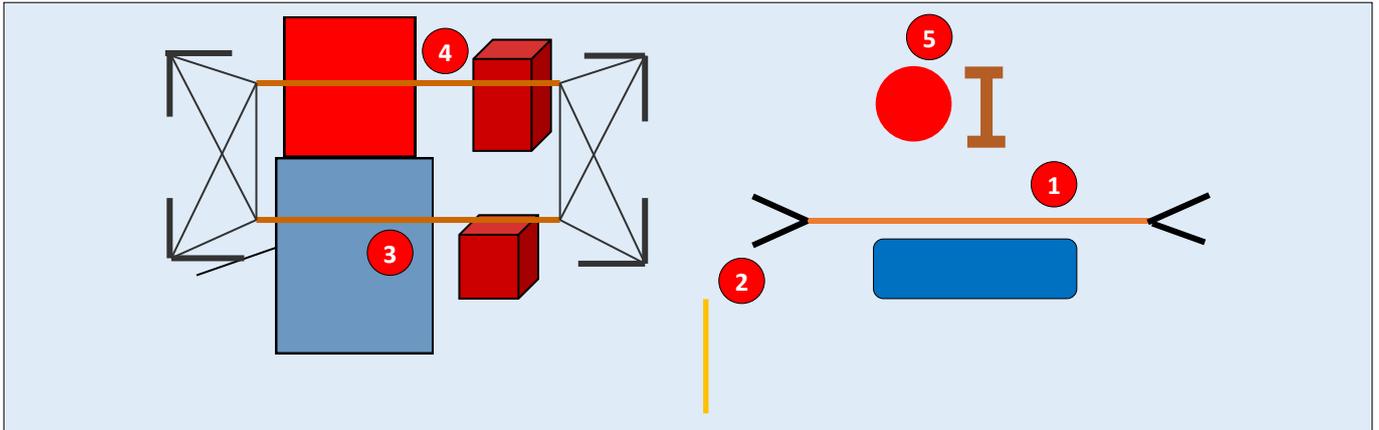
1.	<ul style="list-style-type: none"> <li>a. From lunge shape, 3 x ¼ handstands against the wall</li> <li>b. From lunge shape, 3 x ¾ handstands on third try to touch the wall with your back leg</li> <li>c. From lunge shape, 3 x ¾ handstand on third try to make handstands against the wall</li> </ul>
Tips	<p>Gymnast must keep arms straight</p> <p>Try to make a straight body line in Lunge and maintain throughout the activity</p> <p>Keep legs straight</p>
2.	<ul style="list-style-type: none"> <li>a. Presentation, rocket, mini cartwheel using curved line to finish in star shape</li> <li>b. Presentation, rocket, cartwheel with straight legs using curved line to finish in star shape</li> <li>c. Presentation, rocket, cartwheel on a straight line with straight legs to finish in star shape</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Presentation, rocket, cartwheel on a line to finish standing facing the direction they came from</li> <li>e. Presentation, rocket, cartwheel on a line with T hand shape position on the floor</li> <li>f. Presentation, rocket, cartwheel to snap on a line with T hand shape position on the floor</li> </ul>
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> <p>Wait until the person in front as finished before starting</p>
3.	<ul style="list-style-type: none"> <li>a. Dish rock using skipping rope x 5</li> <li>b. Dish rock with skipping rope x 5 tuck rock to stand</li> <li>c. Forward roll to dish shape, tuck rock to stand</li> </ul>
Tips	<p>Wrap skipping around feet and pull on handles to make a dish shape</p>
4.	<ul style="list-style-type: none"> <li>a. Knees on trolley front support walk across the lines</li> <li>b. Knees on trolley front support walk backwards across the lines</li> <li>c. Feet on trolley front support walk backwards across the lines</li> </ul>
Tips	<p>Must carry the trolley back not throw</p>
5.	<ul style="list-style-type: none"> <li>a. Throw dice, forward roll starting in the shape it lands on</li> <li>b. Throw dice, forward roll starting in one shape and finishing in the other</li> <li>c. Same as b) add in presentation before and after</li> </ul>



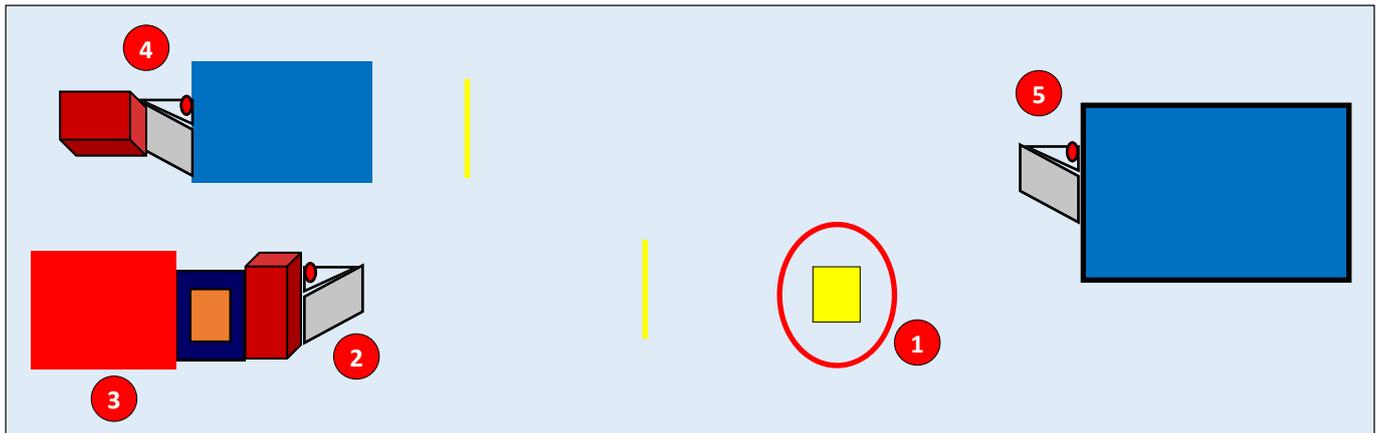
1.	<ul style="list-style-type: none"> <li>a. Bear walks forward on beam</li> <li>b. Front support walk forward on beam with straight legs</li> <li>c. Bunny hops forwards on beam</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Bunny hops forward on 1 leg</li> <li>e. Bunny hops forward with straight legs</li> <li>f. From rocket mini 1 leg handstands return to rocket step forward repeat</li> </ul>
Tips	Wait until the person in front is half way along the beam before starting
2.	<ul style="list-style-type: none"> <li>a. Walking forwards with eyes closed</li> <li>b. Walking sideways with eyes closed</li> <li>c. Walking backwards to middle with eyes closed ½ turn walk forwards to end with eyes closed</li> </ul>
3.	<ul style="list-style-type: none"> <li>a. Level 1 mount, Step kicks forward with bean bag on head</li> <li>b. Level 1 mount, Walk forwards step kicks behind with bean bag on head</li> <li>c. Level 1 mount, Scale (arabesque) hold 2 seconds step forward repeat other leg with bean bag on head</li> </ul>
Tips	Do not climb under beams to get your bean bag Return bean bag after your go
4.	<ul style="list-style-type: none"> <li>a. Level 1 mount, Step kicks forward with bean bag on head</li> <li>b. Level 1 mount, Walk forwards step kicks behind with bean bag on head</li> <li>c. Level 1 mount, Scale (arabesque) hold 2 seconds step forward repeat other leg with bean bag on head</li> </ul>



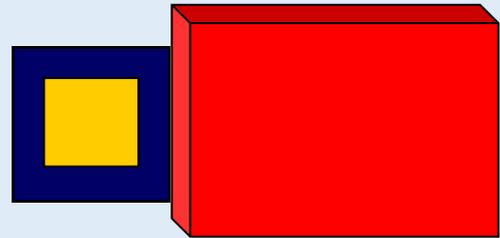
1.	<ul style="list-style-type: none"> <li>a. 3 bounces 1/2 turn, 3 bounces 1/2 turn with foam between feet</li> <li>b. 3 bounces full turn, 3 bounces full turn with foam between feet</li> <li>c. 3 bounce full turn one way, 3 bounce full turn the other way with foam between feet</li> </ul>
Tips	<p>One 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> <p>Stay in the middle of the trampoline</p>
2.	<ul style="list-style-type: none"> <li>a. With assistance forward roll from tramp onto wedge</li> <li>b. Forward roll from tramp onto wedge</li> <li>c. Forward roll from tramp onto wedge to finish in motorbike</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Forward roll from tramp onto wedge, grab knees before finishing in motorbike</li> <li>e. Forward roll with straight arms from tramp onto wedge grab knees before landing in motorbike</li> <li>f. Forward roll from tramp onto wedge, grab knees before landing in motorbike with foam between feet</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. 5 swings to kick object hanging from rope</li> <li>b. 5 swings to kick object hanging from rope with foam between feet</li> <li>c. 5 swings to kick object hanging from rope with foam between feet, on 5th swing attempt swing pullover</li> </ul>
Tips	<p>Wait until the person in front is out of the pit before you get on the bar</p> <p>Dismount on the backswing</p>
4.	<ul style="list-style-type: none"> <li>a. Backwards tuck jump into pit to land on feet</li> <li>b. Backwards star jump into pit to land on feet</li> <li>c. Backwards Half turn into pit to land on feet</li> </ul>
Tips	<p>Wait until the person in front is out of the pit before starting</p> <p>Gymnasts must return to the trampoline via the platform</p>



1.	<ul style="list-style-type: none"> <li>a. Place 1 foot on box kick up as high as possible towards pullover x 3</li> <li>b. Step 1 foot on box pullover the bar</li> <li>c. From ground step pullover</li> </ul>
Tips	1 person at a time on the bar
2.	<ul style="list-style-type: none"> <li>a. 3 Casts</li> <li>b. 3 Casts with Straight Legs</li> <li>c. 3 Casts with straight legs and foam between feet</li> </ul>
Tips	Keep arms straight in casts Make sure gymnasts are not standing too close to the person in front
3.	<ul style="list-style-type: none"> <li>a. Pullover with spotting, 3 casts on third cast push off to land on stop sign</li> <li>b. Pullover, 3 casts to hit noodle held by coach, on third cast push off to land on stop sign</li> <li>c. Pullover with foam between feet, 3 casts to hit noodle held by coach, on third cast push off to land on stop sign</li> </ul>
Extension	<ul style="list-style-type: none"> <li>d. Pullover with foam between feet, 3 casts to hit noodle held by coach, on third cast push off to land on stop sign</li> <li>e. Pullover with foam between feet, 3 casts, forward roll to tuck hang</li> <li>f. Pullover with foam between feet, 3 casts to hit noodle with straight legs, forward roll to L-hang</li> </ul>
Tips	Ask gymnasts to swing their legs forward first when doing a cast
4.	<ul style="list-style-type: none"> <li>a. 5 swing on high bar with regrip to land on stop sign</li> <li>b. Climb up rope ladder with foam between feet, 5 swing on high bar with regrip on 5th swing let go of bar ½ turn to land on stop sign</li> <li>c. Climb up rope ladder with foam between feet, 5 swing on high bar with regrip, foam between feet, on 5th forward swing try to kick foam over high bar, on back swing let go to land on stop sign</li> </ul>
Tips	High bar at medium height Remind gymnasts to always let go on back swing
5.	<ul style="list-style-type: none"> <li>a. Place hands on ground rail, feet on fit ball hold 5 seconds</li> <li>b. Place hands on ground rail, feet on fit ball, rock shoulders forward and back x 5</li> <li>c. Place hands on ground rail, feet on fit ball, lift 1 foot on fit ball, rock shoulders forward and back x5</li> </ul>
Tips	Gymnasts may need someone to support fit ball



1.	<ul style="list-style-type: none"> <li>a. Front support with feet on block, hands on line, walk hands ½ way round the clock</li> <li>b. Front support with feet on block, hands on line, walk hands right around the clock</li> <li>c. Front support with one foot on block, other foot in the air, walk hands around the clock</li> </ul>
Tips	Strong front support shape when walking hands around.
2.	<ul style="list-style-type: none"> <li>a. Run jump 2 feet on the spring board, immediately jump onto box to land in rocket shape</li> <li>b. Run jump 2 feet on the spring board either side of the piece of foam, as they jump onto the box pick up the foam between knees to land in rocket shape</li> <li>c. Run jump 2 feet on the spring board either side of the piece of foam, as they jump onto the box pick up the foam between knees to land in rocket shape with straight legs throughout</li> </ul>
Tips	Replace foam after your go.
3.	<ul style="list-style-type: none"> <li>a. Holding noodle, 1 bounce on mini tramp, tuck jump off to hit knees on noodle</li> <li>b. Holding noodle, 1 bounce on tramp, pike jump to touch toes on noodle</li> <li>c. Holding noodle, 1 bounce on tramp, straddle jump to touch toes on noodle</li> </ul>
Tips	Ask gymnasts to hold noodle straight out in front when they jump Place noodle back on box after their go
4.	<ul style="list-style-type: none"> <li>a. Jump from box onto board, 1 bounce, Tuck jump off to land in a motorbike shape on stop sign</li> <li>b. Jump from box onto board, 1 bounce, Straddle jump off to land in a motorbike shape on stop sign</li> <li>c. Jump from box onto board, 1 bounce, Pike jump off to land in a motorbike shape on stop sign</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>



**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.

- \* Rocket jump to catch a piece of foam thrown by coach
- \* Tuck jump to catch a piece of foam thrown by coach
- \* Star jump to catch a piece of foam thrown by coach
- \* Rocket jump to throw a piece of foam to a basketball hoop
- \* Tuck jump to throw a piece of foam to a basketball hoop
- \* Star jump to throw a piece of foam to a basketball hoop
- \* 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)
- \* Tuck 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