



gymsports

LEARN TO GYM

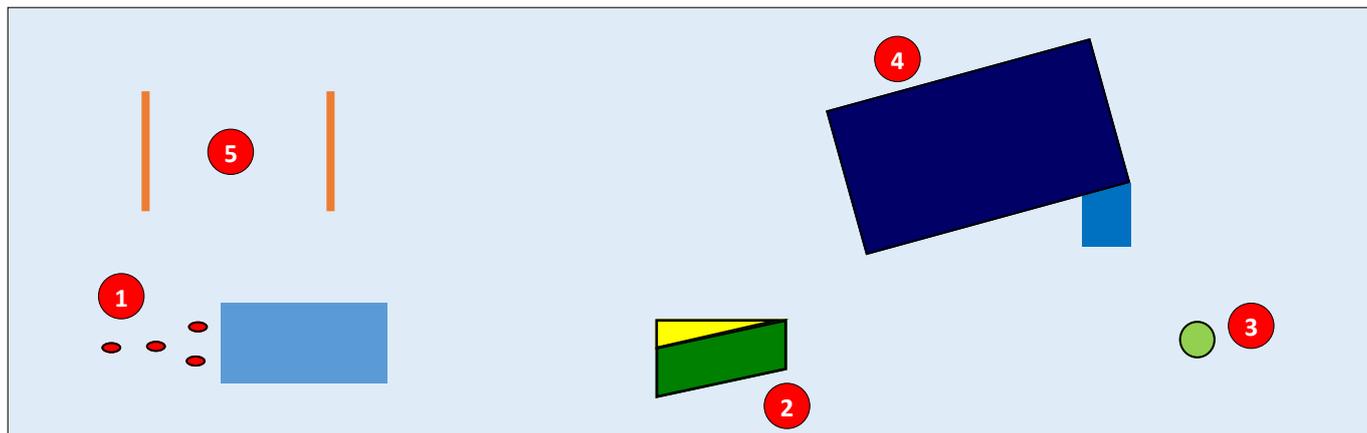
Gymskills

Lesson Plan

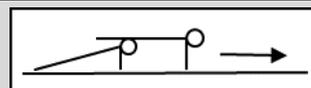
Kingborough

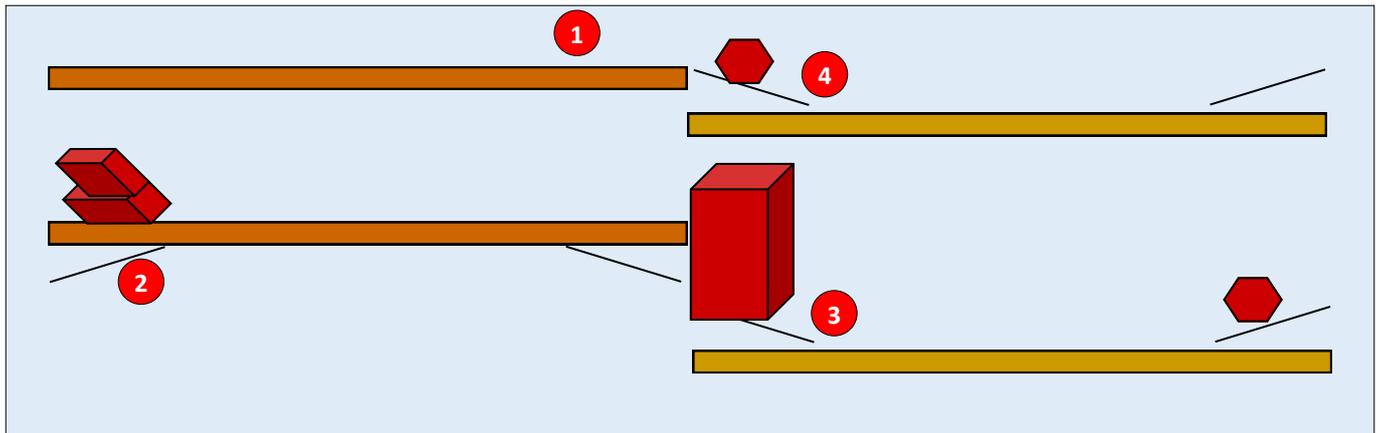
Week 9 and 10

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| <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</p> <ul style="list-style-type: none"> * Tuck * Star * Rocket * Motorbike * L-shape * Front support * Back support * Presentation * Dish shape * Arch shape * Introduce Lunge shape (week 9) * Introduce Arabesque (week 10) <p>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>Gymnast Copy Cat</u></p> <p>Select one gymnast to go out the front of the group Coach stands behind the rest of the children and performs the warm up, the gymnast out the front copies the coach and the rest of the gymnasts copy the child out the front 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>Try to tell the children you are going to select one gymnast to take the whole warm up, secretly whisper to the gymnast to copy the coach at the back without telling the other children. If you do it well then they will think the child at the front did the whole warm up themselves 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> |

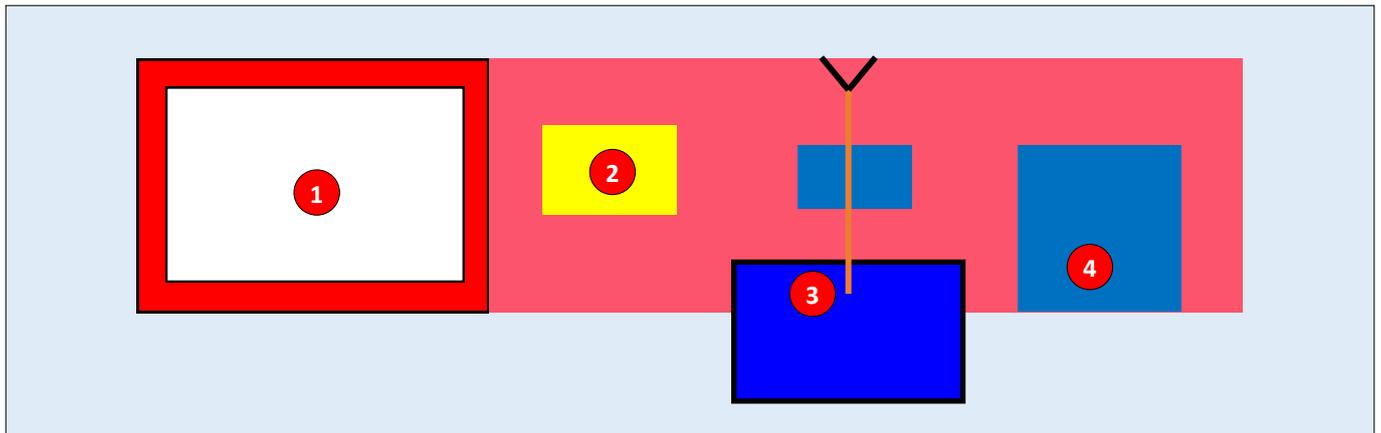


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| 1. | <ul style="list-style-type: none"> a. Hurdle to lunge: start with bean bag between feet, jump and just before landing drop bean bag onto a picture drawn in between the 2 green feet shapes b. Same as a) add in reach hands forward onto hand shapes and forward roll onto mat c. Same as a) add spotted handstand with hands on hand shapes |
| Extension | <ul style="list-style-type: none"> d. Hurdle to lunge with bean bag stop, handstand from lunge e. Hurdle to lunge with bean bag, immediate handstand flat back onto mat f. Hurdle to lunge with bean bag, immediate handstand pop to flat back, ask the gymnast to show you air time before landing |
| Tips | Gymnast must keep arms straight Try to make a straight body line in Lunge and maintain throughout the activity Keep legs straight |
| 2. | <ul style="list-style-type: none"> a. Backward roll on triangle, forward roll on the ground b. Backward roll on triangle to angry cat c. As above with foam between feet |
| Tips | 1 at a time on triangle |
| 3. | <ul style="list-style-type: none"> a. Stand on 1 foot count to 3 b. Stand in Arabesque count to 3 c. Stand in Arabesque with straight leg count to 3 |
| Tips | Trying not to wobble Find a spot on the floor to look at |
| 4. | <ul style="list-style-type: none"> a. Log roll down the big hill b. Forward roll down the big hill c. Backward roll down the big hill |
| Tips | Wait until the person in front has finished before starting |
| 5. | <ul style="list-style-type: none"> a. 1 partner in front support shape the other partner will place their hands down in front and their legs on top of their partner walk to green line without falling off b. As per a) try walking to the red line without falling off c. As per a) try walking to the yellow line without falling off |
| Tips | This activity may require coaches help to get into starting position Gymnast on top must point toes |

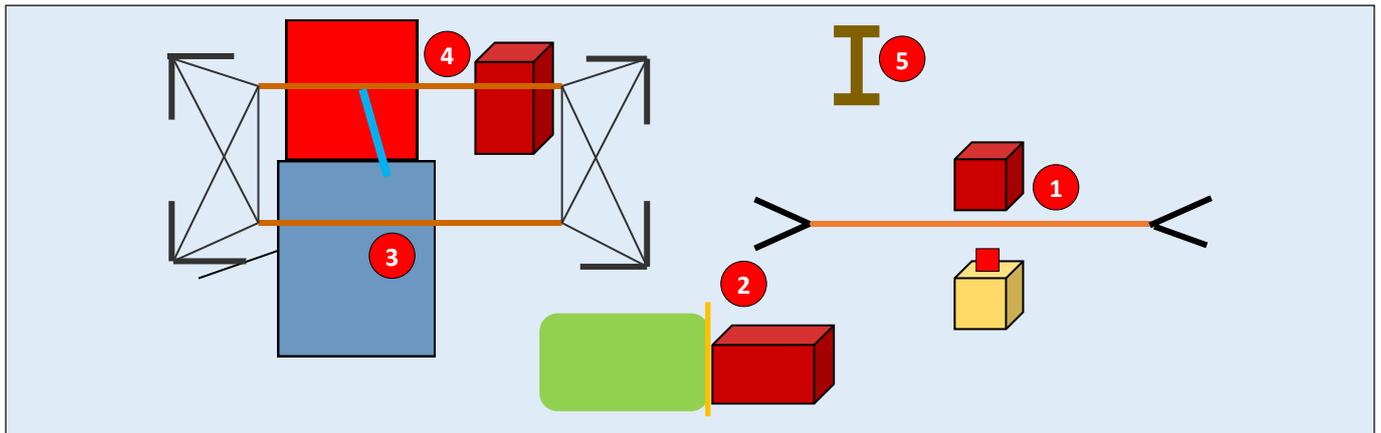




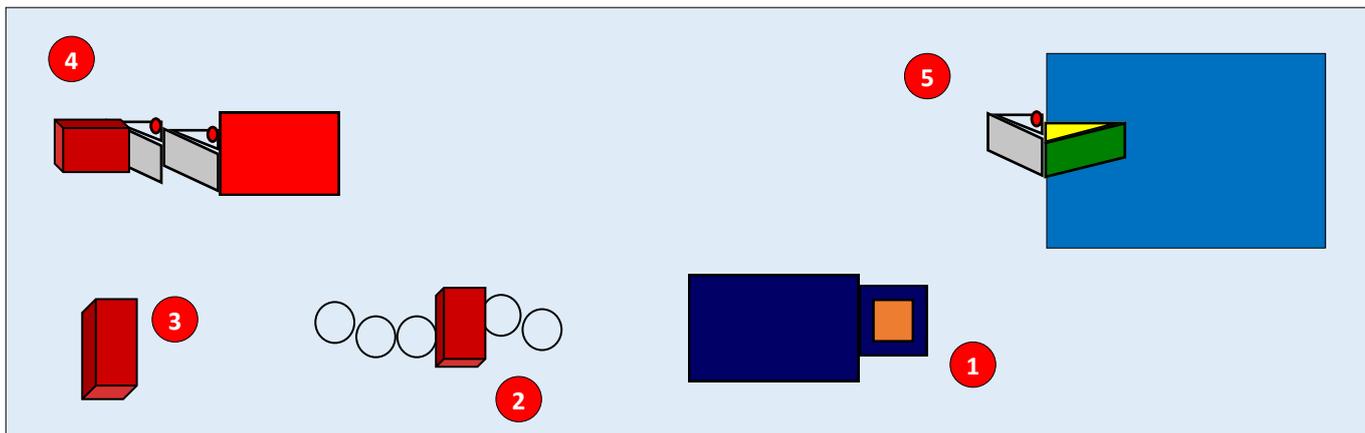
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| 1. | <ul style="list-style-type: none"> a. Wave ribbon in a figure 8 in front walking forwards b. Wave ribbon in a figure 8 in front walking sideways c. Wave ribbon in a figure 8 in front walking backwards |
| Extension | <ul style="list-style-type: none"> d. Wave ribbon in a figure 8 in front walking forwards on toes with straight legs e. Wave ribbon in a figure 8 in front walking sideways on toes with straight legs f. Wave ribbon in a figure 8 in front walking backwards on toes with straight legs |
| Tips | Wait until the person in front is half way along the beam before starting |
| 2. | <ul style="list-style-type: none"> a. From 1 foot jump over foam block to land on 2 feet b. Jump over foam block c. Tuck jump over foam block |
| 3. | <ul style="list-style-type: none"> a. 1/2 Grape vine on beam placing foot on behind on each step only b. Grape Vine on beam c. Side skipping |
| 4. | <ul style="list-style-type: none"> a. Wave ribbon in a figure 8 in front walking forwards b. Wave ribbon in a figure 8 in front walking sideways c. Wave ribbon in a figure 8 in front walking backwards |
| Extension | <ul style="list-style-type: none"> d. Wave ribbon in a figure 8 in front walking forwards on toes with straight legs e. Wave ribbon in a figure 8 in front walking sideways on toes with straight legs f. Wave ribbon in a figure 8 in front walking backwards on toes with straight legs |



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| 1. | <ul style="list-style-type: none"> a. Hands and knees bounces x5 b. Angry cat bounces x 5 c. 3x angry cats, front drop |
| 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. Star jump from tramp to land in motorbike shape on 30cm box in pit b. ½ turn jump from tramp to land in motorbike shape on 30cm box in pit c. 1/1 turn jump from tramp to land in motorbike shape on 30cm box in pit |
| Extension | <ul style="list-style-type: none"> d. Tuck full turn jump from tramp to land in motorbike shape on 30cm box in pit e. Grab feet behind back full turn (skate board style) from tramp to land in motorbike shape on 30cm box in pit f. ½ turn star shape ½ turn jump from tramp to land in motorbike shape on 30cm box in pit |
| Tips | <p>Wait until the person in front is off the mat prior to starting</p> |
| 3. | <ul style="list-style-type: none"> a. 5 swings on bar with regrip on 5th swing let go perform a ½ turn in the air before landing b. 5 swings on bar with regrip on 5th swing let go perform a 1/1 turn in the air before landing c. 5 swings on bar with regrip on 5th swing let go perform a straddle jump shape (touching toes) in the air before landing |
| 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"> a. Jump 1/2 turn into pit to land on feet b. Jump Full turn into pit to land on feet |



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| 1. | <ul style="list-style-type: none"> a. From box, swing forward with bent knees to knock foam over b. From box swing forward with bent knees to pick up foam between feet c. From box swing forward with bent knees to pick up foam between feet return back to box |
| Tips | Ensure children let go to land on their back swing |
| 2. | <ul style="list-style-type: none"> a. From standing on box, Stand on low bar with coaches assistance jump down to land b. From standing on box, Stand on low bar for 3 seconds jump down to land c. From standing on box, Stand on low bar for 5 seconds jump down to land |
| Extension | <ul style="list-style-type: none"> d. From standing on box stand on low bar hold for 10 seconds, jump down to land e. From standing on box, step into a bent leg straddle on position, then stand up hold for 5 seconds, jump down to land |
| Tips | Coach should assist gymnasts first attempt to standing on bar |
| 3. | <ul style="list-style-type: none"> a. Lift legs to tuck and hold 5 seconds b. 5 x bent knee swings c. 5 x bent knee swings with bean bag between feet |
| Tips | 1 gymnast at a time on bars |
| 4. | <ul style="list-style-type: none"> a. From Standing on box 1 hand on each rope can you swing forward and return to the box b. As above with bent arms c. As above with bent arms and legs in pike |
| Tips | This can be made into a game. If the children's feet touch the ground then the crocodile can munch on their toes, if they make it back to the box the crocodile goes hungry |
| 5. | <ul style="list-style-type: none"> a. Front support with hands on ground bar b. Front support on ground bar turn to back support c. Front support on ground bar, turn to back support and return to front support |



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| 1. | <ul style="list-style-type: none"> a. 3 Rocket jumps on mini tramp star jump off to land in motorbike b. 3 Tuck jump on mini tramp star jump off to land in motorbike c. 3 Star jumps on mini tramp ½ turn off to land in motorbike |
| Extension | <ul style="list-style-type: none"> a. 3 Star jumps on mini tramp full turn off to land in motorbike b. 3 Straddle jumps on mini tramp ½ turn off to land in motorbike c. 3 Straddle jumps on mini tramp full turn off to land in motorbike |
| 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. Jumping through the hoops and onto box and over hurdles b. Jumping through the hoops and over box and hurdles c. As above with foam between feet |
| Tips | Give the foam to the next person |
| 3. | <ul style="list-style-type: none"> a. Standing on box jump backwards to land in motorbike b. Standing on box tuck jump backward to land in motorbike c. Standing on the ground jump up onto the box and tuck jump backwards to land in motorbike |
| Tips | One at a time |
| 4. | <ul style="list-style-type: none"> a. Standing on box jump onto first springboard and then the next springboard then onto mat b. Standing on box jump onto first springboard and then the next springboard then tuck jump onto mat c. Standing on box jump onto first springboard and then the next springboard then ½ turn onto mat |
| Tips | One at a time |
| 5. | <ul style="list-style-type: none"> a. From short run, jump onto spring board, immediate jump onto crashmat, climb feet onto wedge, forward roll down hill b. From short run, jump onto spring board, immediate jump onto crashmat, forward roll down hill c. From short run, jump onto hands and knees on wedge, forward roll down wedge |

Individual bean bag activities

Ask gymnasts to find a space and perform the following activities until you call out freeze

Throw bean bag with 2 hands and catch

Throw bean bag with 2 hands and catch with 1 hand

Throw bean bag from 1 hand catch in the other hand

Place bean bag on foot try to kick bean bag into the air and catch

Place bean bag on your head and perform the following shapes without losing your bean bag – rocket, star, motorbike, tuck, back support, front support, L shape

Coaches need to help out by giving assistance to gymnasts to learn correct technique

Partner bean bag activities

Have gymnasts standing on a Velcro line facing a partner

Throw bean bag with 2 hands to your partner

Throw bean bag with one hand to your partner

Place bean bag on your foot try to kick the bean bag to your partner

Turn around throw bean bag over your head to your partner