**Lesson Plan 3**

**Advance Tumbling**

**Purpose of This Session:**

This session is getting young children who know the fundamental movement for tumbling, to develop their skills and knowledge even further.

**Equipment:** Tumbling mats

**Equipment used:**

* All equipment used in gymnastics should be cared for, inspected and maintained in safe condition on a regular basis.

**Warm-up:**

Get the children to warm up. Set an area out in the gym. Get the children to gather around you. Introduce them to yoga. Get them to carry out a lot of task through yoga. Stretch out the arms, legs and neck.

**Teaching Points:**

**Activity 1:** Let the child explore for him/herself.

**Activity 2:** Ask the children to show you one way they learnt how to tumble.

**Activity 3**: Get the children to squat on the floor or mat, balancing on the balls of their feet. Hold out arms for balance as they lower down to the floor. Touching the floor with both hands and begins to roll forward, tucking the chin into the chest as they roll.

**Activity 4:** Get the child to balance their weight on their shoulders as they roll to relieve pressure on your neck and back. Push forward from the balls of your feet, keeping their legs tucked in to make the body resemble the shape of a ball. Grab or touch knees once hands come off the floor to ensure legs stay tucked.

**Activity 5:** Get the children to getback into the same position as they ended with in activity number 4. Get them to use the momentum from rolling to push them all the way over until their heels touch the floor in front of them. Place leading foot on the stronger leg slightly ahead of the other foot on the floor or mat.

**Activity 6:** When they have the correct knowledge of activity 5 and can get that far get them to reach straight out in front with both arms to help balance. Slowly stand with feet still positioned one slightly ahead of the other, as if they are about to take a step.

**Safety:**

* Tumbling is a skill that requires strength and practice to carry out. If executed correctly, a tumble can be a very elegant and fascinating sight to watch. If not, a tumble can be an extremely dangerous event. All people, no matter their age or skill level, need to take safety precautions and follow tumbling safety rules.
* One good safety rule in tumbling involves not only learning how to complete the skill but also learn how to fall from it. Part of preventing injury in tumbling stems from preparing for a fall. Children should learn the safest techniques for falling during different skills.
* It’s important that the child uses a mat and the area around the mat is soft in case he or she falls.
* There should be a spotter on site, making sure each child has the proper technique.
* Make sure that there is a clear open area.

**Lesson plan 4**

**Cartwheel**

**Purpose of session:**

This session is based on young children and getting them to gain knowledge and learn the correct techniques required to perform a cartwheel in gymnastics. The cartwheel is a very important skill to have in gymnastics. It is easy to add a cartwheel in a dance rotate also.

**Equipment:** Gymnastic mats

**Equipment used:**

* All equipment used should be cared for, inspected and maintained in safe condition on a regular basis.
* Make sure equipment is not damage if it is avoid using it.
* If not using the equipment you should store it away in a safe area until it is needed.

**Warm-up:**

Get the children to perform a circle around you. The warm-up is based on yoga. Get the children to perform a wide range of tasks that will stretch out all their muscles. Get them to stretch out their hamstrings, arms, neck, back.

**Teaching Points:**

**Activity 1:** Let the child explore for him/herself.

**Activity 2:** Ask the children to show you one way they learnt how to do a cartwheel.

**Activity 3:** Get the children to imagine a line on the mats. Get them to spread their feet just over a hip’s width apart and extend arms straight above the head with their palms facing forward. Make sure the children keep elbows fairly straight so that they don’t give way when making the cartwheel, but be prepared to see them bend the wrists back as their hands make contact with the ground.

**Activity 4:** Introduce them to the cartwheel formula; hand, hand, foot, foot.

**Activity 5:** Prepare the children for the full cartwheel. Get them to decide whether to cartwheel to the left or the right. Get them to point one foot in the direction they will be going. Start the cartwheel with the arm located above the pointed foot.

**Activity 6:** Teach the children how to land. Kick powerfully so the legs come off the ground. When landing the hand the child started with leaves the ground, the opposite leg should swing down just past their other hand on the imaginary line. Once that foot is firmly on the ground, the second hand will lift off of the ground as the final foot swings down.

**Safety:**

* All people, no matter their age or skill level, need to take safety precautions and follow the cartwheel safety rules.
* It’s important that the child uses a mat and the area around the mat is soft in case he or she falls.
* There should be a spotter on site, making sure each child has the proper technique.
* Make sure that there is a clear open area.
* Make sure no unneeded equipment is lying around.
* Minimise distractions as best you can.