**Gymnastics for All Spring Term 1 – Lesson Plans**

**Week 1:**
**Trampoline**: Straight jumps on trampoline 10 jumps to stop.
Key points - 1. Body shape 2. Landing shape 3. Arm position during jump.
Returns: Body tension lying and standing.
**Floor**: Skills progressing in difficulty if previous progression is demonstrated safely.
Bunny jumps, shaped jumps, leaps. Handstands, forward/backwards rolls
**Vault**: Shaped jumps Straight, Star, Tuck. Jumps to increase in difficulty.
Key points - 1. Landing shape. 2. Body shape in jump. 3. Squat on body shape. 4. Smooth transitions throughout vault take-off and landing.

**Week 2:**
**Bar:** Showing shapes under bar. Tuck, pike, straddle.
Key points - 1. Hand position. 2. Body tension in hang showing shapes. 3. Transition from first to second shape.
Returns: Copy shapes with partner. Naming shapes.
**Beam**: Movement along beam, forward, sideways, backyards, beam complex.
Key points - 1. Moving in good posture 2. Awareness of position on beam 3. Coordination of body movement in a balance.
**Rings**: 1. Hanging under own strength. 2.Holding positions of dish and arch. 3. Moving from dish to arch.
Key points - 1. Body tension 2. Head position. 3. Using shoulders to initiate the swing moving between dish and arch.

**Week 3-5:**
Gymnasts will work towards an individual routine on six pieces of apparatus. Each week we will build and link one more skill starting with a minimum of 2 skills building up to 5/6 skills.

Bar/Beam/Floor/Rings/Trampoline/Vault

**Reception - Year 2**: will have coaches guiding them through a set routine.
**Year 3-4** : will be working with the coaches to make their own routines with guidance on basic skills and hands on support with the more difficult skills.

**Year 5 +:**  Gymnasts will encouraged to develop their own routines taking into account their own individual abilities with guidance from the coaches about required elements and skills.