

Trampoline.

Specific equipment Co-aching

Using a trampoline or vault, perform a series in the air and land onto a crash mat.

- Stand in the middle of the trampoline.
- Jump 3 times on the trampoline.
- On your 3rd bounce, jump high and **throw** into the air.
- Land on the mat in the "motorbike" landing position.

Put the crash mat in front of the trampoline. Push the trampoline towards the mat.

From the centre, run up to the trampoline and jump onto it.

- Jump off the ground with 2 feet.
- Bounce high into the air and do a **split** jump.
- Land safely on the mat in the "motorbike" landing position.

From the centre, run up to the trampoline and jump onto it.

- Jump off the ground with 2 feet.
- Bounce high into the air and do a **split** jump.
- Land safely on the mat in the "motorbike" landing position.

From the centre, run up to the trampoline and jump onto it.

- Jump off the ground with 2 feet.
- Bounce high into the air and do a **split** jump.
- Land safely on the mat in the "motorbike" landing position.

Wedge.

Specific equipment Co-aching

Rolling down the wedge on the side, making a series.

- Stand on the side of the wedge at the top.
- Roll down the wedge on the side, making a series.
- Roll down the wedge on the side, making a series.

Stand on the side of the wedge at the top.

- Roll down the wedge on the side, making a series.
- Roll down the wedge on the side, making a series.
- Roll down the wedge on the side, making a series.

Stand on the side of the wedge at the top.

- Roll down the wedge on the side, making a series.
- Roll down the wedge on the side, making a series.
- Roll down the wedge on the side, making a series.

Bars.

Specific equipment Co-aching

Using a bar, perform a series in the air and land onto a crash mat.

- Stand on the side of the bar at the top.
- Roll down the bar on the side, making a series.
- Roll down the bar on the side, making a series.

Stand on the side of the bar at the top.

- Roll down the bar on the side, making a series.
- Roll down the bar on the side, making a series.
- Roll down the bar on the side, making a series.

Stand on the side of the bar at the top.

- Roll down the bar on the side, making a series.
- Roll down the bar on the side, making a series.
- Roll down the bar on the side, making a series.

Miscellaneous.

Specific equipment Co-aching

Using a mat, perform a series in the air and land onto a crash mat.

- Stand on the side of the mat at the top.
- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.

Stand on the side of the mat at the top.

- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.

Stand on the side of the mat at the top.

- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.

Beam.

Specific equipment Co-aching

Using a beam, perform a series in the air and land onto a crash mat.

- Stand on the side of the beam at the top.
- Roll down the beam on the side, making a series.
- Roll down the beam on the side, making a series.

Stand on the side of the beam at the top.

- Roll down the beam on the side, making a series.
- Roll down the beam on the side, making a series.
- Roll down the beam on the side, making a series.

Stand on the side of the beam at the top.

- Roll down the beam on the side, making a series.
- Roll down the beam on the side, making a series.
- Roll down the beam on the side, making a series.

Floor mats.

Specific equipment Co-aching

Using a mat, perform a series in the air and land onto a crash mat.

- Stand on the side of the mat at the top.
- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.

Stand on the side of the mat at the top.

- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.

Stand on the side of the mat at the top.

- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.
- Roll down the mat on the side, making a series.



Thank you so much for previewing the 'Gymnastic Stations 3-6' lessons pack.

I know you'll love what's inside, and I'm are always striving to improve the lesson plans with updates, bonus content and extras – I'm here to help you teach Game. Changing. Sport.

In this pack you'll be completely provided with everything you need to effectively teach the fundamental gymnastics to your students, you'll be equipped with:

10-week structured lesson program

Week by week, progress your students through the skills and build on the previous lessons

Specific equipment activities

Each station of equipment has a collection of specific skills

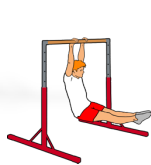
Trampoline



Wedge



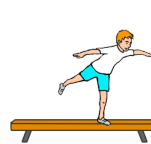
Bars



Floor mats



Beam



Miscellaneous



Assessment rationale

You'll get assessment sheets with a detailed rationale/breakdown of each element area for you to grade your students:

Static positions/shapes | balances | supports | rotations | ground work

