

## 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 3<sup>rd</sup> bounce, jump high and **throw** into the air.
- Land on the mat in the "motorbike" landing position.

Arms out straight in front. Knees bent.

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. **Land on the trampoline with 2 feet.**

Bounce high into the air and do a **split leap** jump. **Land on the trampoline with 2 feet.**

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

Jump off the ground with 2 feet. **Land on the trampoline with 2 feet.**

Bounce high into the air and do a **split leap** jump. **Land on the trampoline with 2 feet.**

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

Jump off the ground with 2 feet. **Land on the trampoline with 2 feet.**

Bounce high into the air and do a **split leap** jump. **Land on the trampoline with 2 feet.**

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

Jump off the ground with 2 feet. **Land on the trampoline with 2 feet.**

Bounce high into the air and do a **split leap** jump. **Land on the trampoline with 2 feet.**

## Wedge.

**Specific equipment** Co-aching

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

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

Put your arms straight above your head. Push your arms out wide to point to your feet. Put your arms out wide to point to your feet. Put your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

## Bars.

**Specific equipment** Co-aching

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

- Stand on the tip of the wedge, facing down it.
- Bounce over and put your hands down in front of your feet.
- Push your arms out wide to point to your feet.
- Push your arms out wide to point to your feet.

Put your arms out wide to point to your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

## Miscellaneous.

**Specific equipment** Co-aching

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

- Stand on the tip of the wedge, facing down it.
- Bounce over and put your hands down in front of your feet.
- Push your arms out wide to point to your feet.
- Push your arms out wide to point to your feet.

Put your arms out wide to point to your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

## Beam.

**Specific equipment** Co-aching

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

- Stand on the tip of the wedge, facing down it.
- Bounce over and put your hands down in front of your feet.
- Push your arms out wide to point to your feet.
- Push your arms out wide to point to your feet.

Put your arms out wide to point to your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

## Floor mats.

**Specific equipment** Co-aching

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

- Stand on the tip of the wedge, facing down it.
- Bounce over and put your hands down in front of your feet.
- Push your arms out wide to point to your feet.
- Push your arms out wide to point to your feet.

Put your arms out wide to point to your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.

Stand on the tip of the wedge, facing down it. Bounce over and put your hands down in front of your feet. Push your arms out wide to point to your feet. Push your arms out wide to point to your feet.



Thank you so much for previewing the 'Gymnastic Stations K-3' 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

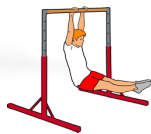
Trampoline



Wedge



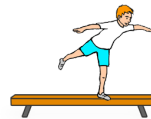
Bars



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

