

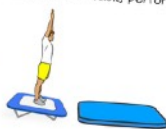
Specific equipment

prime
Coaching

Trampoline

Using a mini trampoline or vault, perform a move in the air and land onto a crash mat

Popcorn jumps



– Put the crash mat in front of the trampoline
– Angle the trampoline towards the mat

1 Pop & land

1. Stand in the **middle** of the trampoline
2. Jump **3 times** on the trampoline **straight up**
3. On your 3rd bounce, jump **high and forward** into the
4. Land on the mat in the **motorbike** position (h/c to stay **balanced**):
 - Arms out straight in front
 - Knees bent



2 Pop & pencil

1. Stand in the **middle** of the trampoline
2. Jump **3 times** on the trampoline straight up into the air
3. On your 3rd bounce, jump **high** into the air and do a **pencil**
 - Legs together
 - Arms straight above your head
4. Land safely on the mat in the 'motorbike' landing position



3

Specific equipment

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Coaching

8 Straddle jump

1. From the cone, run up to the trampoline and jump onto it
 - Jump off the **ground** with **1 foot**...
 - ...**onto** the trampoline with **2 feet**
2. Bounce high into the air and do a **straddle** jump:
 - Spread your legs **wide apart** and **in front** of you
 - Put your arms out wide to **point** to your toes
3. Land safely on the mat in the 'motorbike' landing position



9 Half turn

1. From the cone, run up to the trampoline and jump onto it
 - Jump off the **ground** with **1 foot**...
 - ...**onto** the trampoline with **2 feet**
2. Bounce high into the air and do a **half turn** jump:
 - Swing your arms **across** your body to help you turn around
 - Try and hold a strong **pencil** shape as you turn
3. Land safely on the mat in the 'motorbike' landing position facing the other way



Trampoline.

Run up & throw

– Put the crash mat in front of the trampoline, with the trampoline angled towards the mat
– Put down a starting cone about 5-6m in front

4 Pencil jump

1. From the cone, run up to the trampoline and jump onto it
 - Jump off the **ground** with **1 foot**...
 - ...**onto** the trampoline with **2 feet**
2. Bounce high into the air and do a **pencil** jump:
 - Legs together
 - Arms straight up above your head
3. Land safely on the mat in the 'motorbike' landing position

5 Star jump

1. From the cone, run up to the trampoline and jump onto it
 - Jump off the **ground** with **1 foot**...
 - ...**onto** the trampoline with **2 feet**
2. Bounce high into the air and do a **star** jump:
 - Arms out wide to the side
 - Legs out wide, to the side
3. Land safely on the mat in the 'motorbike' landing position

6 Tuck jump

1. From the cone, run up to the trampoline and jump onto it
 - Jump off the **ground** with **1 foot**...
 - ...**onto** the trampoline with **2 feet**
2. Bounce high into the air and do a **tuck** jump:
 - Bring your knees up to your chest (stay upright in the air)
 - Then quickly straighten them before you land
3. Land safely on the mat in the 'motorbike' landing position

7 Pike jump

1. From the cone, run up to the trampoline and jump onto it
 - Jump off the **ground** with **1 foot**...
 - ...**onto** the trampoline with **2 feet**
2. Bounce high into the air and do a **pike** jump:
 - Bring your legs out **in front** of you, keeping them straight
 - Point your arms out straight towards your toes
3. Bring your legs back down to land safely in the 'motorbike' landing position



From the cone, run up to the trampoline and jump onto it
Jump off the **ground** with **1 foot**...
...**onto** the trampoline with **2 feet**
Bounce high into the air and create a **new shape/move**
karate kick, ballerina, spiderman...
Land back on your feet safely on the mat in the 'motorbike' landing position

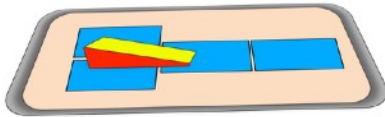


Specific equipment

prime
Coaching

Wedge

Rolling down the wedge on the mats, making routines



– Place mats around the sides of the wedge, and 2-3 mats at the end –

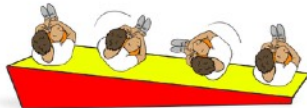
1 Log roll

1. Sit on the **side** of the wedge at the top end
2. Lay down on your back and get into the **lying down pencil** position
 - Put your **legs together** out straight
 - Put your **arms straight above** your head
 - Stay strong, **squeezing** your stomach
3. Roll all the way down the wedge keeping your pencil position



2 Egg roll

1. Sit on the **side** of the wedge at the top end
2. Lay down on your back and get into the **tuck 'egg'** position
 - Bring your **knees up** to your chest
 - Tuck your **chin down** to your knees
 - Hold each leg with 1 hand (don't 'hug' your knees)
3. Roll all the way down the wedge keeping your 'egg'/tuck position



3 Egg-log-egg-be

1. Sit on the **side** of the wedge at the top end
2. Lay down on your back and get into the **tuck 'egg'** position
3. Roll down the wedge and change to **lying down pencil**
 - As you roll, keep switching from tuck to lying down pencil



Wedge.

Specific equipment

prime
Coaching

4 Forward roll

1. Stand at the top of the wedge, facing down it
2. Bend over and put your **hands down flat** in front of your feet
 - "Pretend to squash the ants"
 - Keep your legs straight (bun up)
3. Tuck your **chin in** to your chest to look through your legs behind you
4. Roll forwards over onto your back, **tuck your legs in** as you roll
 - "Everyone pat the top of your back, that's where you want to roll onto, **not** onto your head"
5. Try to stand back up onto your feet after you have rolled

* The first few times students attempt these, it's very important the teacher assists by gently supporting and rolling them over onto the top of their backs, not onto their heads



5 Forward roll to shape

1. Stand at the top of the wedge, facing down it
2. Bend over and put your **hands down flat** in front of your feet
 - "Pretend to squash the ants"
 - Keep your legs straight (bun up)
3. Tuck your **chin in** to your chest to look through your legs behind you
4. Roll forwards over onto your back, **tuck your legs in** as you roll
 - "Everyone pat the top of your back, that's where you want to roll onto, **not** onto your head"
5. After you have rolled, go straight into a **static shape**:
 - L sit | pike | straddle sit |



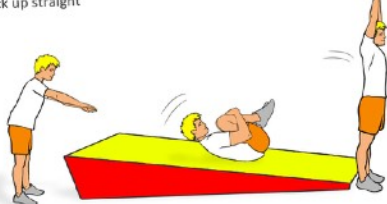
Specific equipment

Specific equipment

prime
Coaching

6 Roll over & down

1. Stand on the **ground**, at the end of the wedge
2. Bend over and put your **hands down flat** in front of your feet
3. Tuck your **chin in** to your chest
4. **Push off** the ground with both feet to do a forward roll
 - Roll forwards onto your back and **tuck your legs in** as you roll
5. Stand back up straight



2 Backwards roll

3. ...
4. ...

* The ...



neck shields



... wedge up against a wall, with mats underneath –

1. Stand with your **back to the wedge**
2. Put your hands down flat on the floor in front of you
3. Keeping your hands on the ground, walk your feet **up the wedge**
 - Keep your arms strong and straight
 - ("otherwise you'll fall splat on your head and that hurts")
3. Keep going as high as you can go
4. Then walk your hands in close to the wedge so your whole body is **straight** against the wedge
5. Hold it for 3 seconds, then **slowly** walk your feet back down again – don't just drop/fall down



... the wedge

... safely

It's very important the teacher assists at this station by supporting their legs in the air when they kick up – If they do not use strong, straight arms, they will go onto their heads which can be dangerous



Specific equipment

prime
Coaching

7 Front support walk

— Setup the bar so it's about shoulder height —

1. Starting at **one end/side** of the bar, put both hands on the bar in the kangaroo grip
 - Hands over the bar, thumbs on top, shoulder width apart
2. While holding on, jump up and push with your arms to get into a **front support**:
 - Hold yourself up on the bar with straight arms and legs
 - Your hips should be touching the bar
3. Keeping your body strong and straight, **shuffle** across the bar over to the other side
4. Then cast off (jump off) backwards and land in the motorbike landing position
 - Do not just let go and fall to the floor, you must land carefully on both feet



8 Forward roll over

— Setup the bar so it's about shoulder height and put a crash mat on the other side of the bar —

1. Put both hands on the bar shoulder width apart in the kangaroo grip
 - Hands over the bar, thumbs on top
2. While holding on, jump up and push with your arms to get into a **front support**:
 - Hold yourself up on the bar with straight arms and legs
 - Your hips should be touching the bar
3. Slowly **lean forward** and **roll over** the bar, to land on the mat with both feet carefully
 - You must hold onto the bar at all times, do not let go until your feet are on the mat
 - You must hold onto the bar at all times, do not let go until your feet are on the mat

* A teacher/assistant must be present at this station to assist rolling over, making sure the students do not let go of the bar while they are going over it by supporting their arms



Specific equipment

prime
Coaching

5 Swing

— Setup the bar so it can be reached with out-stretched arms —

1. Reach up to the bar and hang with hands shoulder width apart
 - Hands over the bar, thumbs on top
2. Keeping your arms straight, **swing**
 - With your legs together, swing
 - Then bring them back behind you
3. Do 3 big swings, then **cast off**
 - Safely jump off as you are swing
 - Do not just let go and fall to the floor



6 Monkey

— Setup the bar so it's about shoulder height —

1. Put both hands on the bar shoulder width apart
 - Hands over the bar, thumbs on top
2. While holding on, jump up and push with your arms
 - Hold yourself up on the bar with straight arms
 - Your hips should be touching the bar
3. Hold it for 3 seconds, then lightly swing your body (jump off) backwards and land in the motorbike landing position
 - Do not just let go and fall to the floor, you must land carefully



Specific equipment

prime
Coaching

9 Kangaroo basket

— Setup the bar so it can be reached with out-stretched arms —

1. Reach up to the bar and hang with hands shoulder width apart in the kangaroo grip
 - Hands over the bar, thumbs on top
2. Keeping your arms straight, lift your legs up to touch the bar and even tuck them behind you
 - It can be easier to get 1 leg through, then the other (instead of both at the same time)
3. Hold it for 3 seconds, then carefully bring your legs back down to the ground



10 Monkey swing

— Setup the bar so it can be reached with out-stretched arms —

1. Starting at **one end/side** of the bar, reach up and hang with hands shoulder width apart
2. Try to **shuffle** across to the other side without touching the ground with your feet
 - "You are a monkey and must climb to the other side without falling into the snake pit"



11 Monkey over

— Setup the bar so it can be reached with out-stretched arms —

1. Get into pairs, one of you starts at one side of the bar, and the other at the other side
2. Both hanging from the bar, you must **work together** to **switch sides** to both the other end without touching the ground



Bars.

Specific equipment

prime
Coaching

3 L hang

— Setup the bar so it's just above head height —

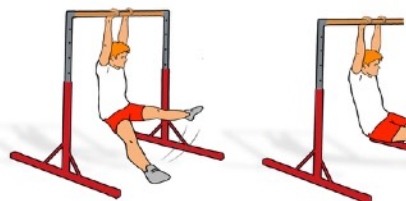
1. Reach up to the bar and hang with hands shoulder width apart
 - Hands over the bar, thumbs on top
2. Keeping your arms straight, try to hold an **L hang** for 3 seconds
 - Put your legs together out straight
3. Slowly bring your legs back down to the ground and then let go
 - Do not just let go and fall to the floor, you must land safely



4 Scissor hang

— Setup the bar so it's just above head height —

1. Reach up to the bar and hang with hands shoulder width apart in the kangaroo grip
 - Hands over the bar, thumbs on top
2. Keeping your arms straight, go into a straddle hang (legs out wide)
3. Then close your legs together and straight to make an L hang
4. Keep opening and closing your legs like **scissors** (L hang > straddle hang)
5. Slowly bring your legs back down to the ground and then let go off the bar
 - Do not just let go and fall to the floor, you must land safely and slowly

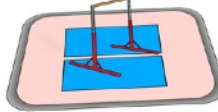


Specific equipment

prime
Coaching

Bars

Supporting your body in different ways whilst holding onto the bar with both hands



— Adjust the bar to the correct height and put mats under and around it —

1 Tuck hang

— Setup the bar so it's just above head height —

1. Reach up to the bar and hang with hands shoulder width apart in the kangaroo grip
 - Hands over the bar, thumbs on top
2. Keeping your arms straight, hold a **tuck hang** for 3 seconds
 - Lift your knees up towards your chest
 - Do not just let go and fall to the floor
3. Slowly bring your legs back down to the ground and then let go off the bar
 - Do not just let go and fall to the floor, you must land safely and slowly



2 Straddle hang

— Setup the bar so it's just above head height —

1. Reach up to the bar and hang with hands shoulder width apart in the kangaroo grip
 - Hands over the bar, thumbs on top
2. Keeping your arms straight, hold a **straddle hang** for 3 seconds
 - Spread your legs out wide apart
 - Keep your legs straight, don't bend your knees
3. Slowly bring your legs back down to the ground and then let go off the bar
 - Do not just let go and fall to the floor, you must land safely and slowly



Specific equipment

prime
Coaching

Floor mats

Moving across the floor and putting different actions together



– Put 3-4 mats next to each other in a line –

1

Bunny hops

1. Put your hands **flat** on the ground, keeping your arms straight and knees bent
2. Push off the ground with both legs at the same time to
 - Keep your arms **strong** and straight on the floor
3. Land back down on **both feet** at the same time
4. Do a bunny hop on **each mat** (3)



2

Donkey kicks

1. Put your hands flat out in front of you on the ground with you
2. Have 1 leg straight out behind you ('**donkey leg**') and the
3. Kick up to lift your back (donkey) leg high in the air
 - Still keeping your arms **strong** and straight
4. Land back down in the same position as you started
5. Do a donkey kick on **each mat** (3)



3

Scissor kicks

1. Put your hands flat, **shoulder width apart** out on the ground in front
2. Have 1 leg straight, the other slightly bent
3. Kick up off 1 leg when both legs are in the air, make a **scissor**

Specific equipment

prime
Coaching

4

Crabwheels

(working towards cartwheels)

1. Stand sideways on to the way you will be going
 - Start in a **low crab** position, knees bent, arms bent and out to the side
 - The pattern for a crabwheel is "**hand, hand, foot, foot**"
2. Step and put your first hand down, then your next hand
3. Spin over in the air and then land with your first foot, then second foot
4. Do a cartwheel on each mat, switching the side you start facing:

Right-handed

– Put your right hand down first, then left hand, then land with your left foot, then right foot

Left-handed

– Put your left hand down first, then right hand, then land with your right foot, then left foot



5

Cartwheels

Stand sideways on to the way you will be going, in the shape of a big star
The pattern for a cartwheel is "**hand, foot, foot, hand**"

– Put your right hand down first, then left hand, then land with your left foot, then right foot
Left-handed:
– Put your left hand down first, then right hand, then land with your right foot, then left foot



Floor mats

6

Side hoop jumps

– Put a hoop in the middle of each mat –

1. Put your hands **flat** on the ground in the middle of the hoop, with your hands turned facing to the right (straight arms)
2. Keeping your **hands on the ground**, jump with both feet over to the other side of the hoop
 - You should end on other side of the hoop
3. Do a side jump in each hoop



7

Side box jumps

– Put a box (can use different sizes) on each mat –

1. Put your hands down on the box
2. Keeping your hands on the box, jump over to the other side of it
 - Land with both feet at the same time
3. Do a side jump over each box



8

Round off

1. Take a small **run up**, then **plant** your hands on the ground facing to the left
2. Push off with your legs (keep your hands on the ground) to get them over to the other side
 - Try to get your **legs straight** in the air, while turning your body
3. Land with **both feet** at the same time, facing the other way



9

Floor routine

- You must make up your own **routine** using the 3 mats
- Your routine must include 1 **roll**, 1 **balance** (3 seconds) and 1 **jump** or shape
- "What are some moves you could do?"

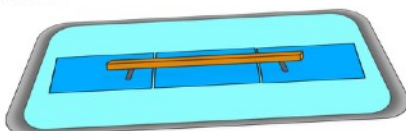
- **Rolls:** forwards | backwards | log | egg
- **Balances:** arabesque | flamingo | v sit
- **Jump shapes:** pencil | star | tuck | half turn | full turn

Specific equipment

prime
Coaching

Beam

Getting from one end of the beam or bench to the other using different movements and balances



— Place 3-4 mats underneath the beam —

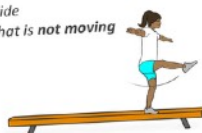
1 Ice cream scoops

- Stand up on one end of the beam, and get your balance with *airplane arm*
 - Arms out straight to the sides
 - Try not to look at your feet, look ahead
- At every step, *scoop* down with your foot below to the side of the beam
- Keep going, scooping after every step all the way to the end
- When you reach the end of the beam, *jump off* and land in the motorbike posit
 - "Call out your favourite ice-cream flavour when you jump off"



2 Soldier steps

- Stand up on one end of the beam, and put your arms out to the side
- At every step, kick out your leg *straight ahead* of you like a *soldier*
- You reach the end of the beam, do a *pencil* jump off and land in the mo
 - Jump and put your arms straight up in the air, and legs straight toget
 - "What can you do to help you balance?"
 - Use big *airplane arms* out to the side
 - Look at something ahead of you that is *not moving*
 - Squeeze to have a *tight tummy*



3 Sideways struts

- Stand up on one end of the beam, and turn to be facing side on
- Keeping your head up, shuffle *sideways*
- When you get to halfway, *turn around on the beam* to face the other s
- Keep going to the end, turn to face *sideways* jump and ju
 - Jump and out your arms out to the side

Specific equipment

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Coaching

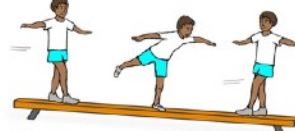
4 Backwards walking

- Stand up on one end of the beam and turn to face *backwards*
- Keeping your head up and slowly walk backwards along the beam
- Use your toes to *feel for the end* of the beam
- When you get to the end, swivel round to face forwards then do a *tuck* jump off
 - Bring your knees up to your chest (stay upright in the air)
 - Then quickly straighten them before you land



5 Walk-balance-swivel

- Stand up on one end of the beam and walk slowly, as *low* as you can
- When you get to the middle, do a *balance* and hold it for 3 seconds
- Then turn around and slowly walk *backwards*, feeling with your toes to the end of the beam
- When you get to the end, do the balance again for 3 seconds then *jump off backwards* safely
 - "What are some balances you could do on the beam?"
 - Arabesque | flamingo



6 Pencil jumps

- Stand up on one end of the beam and walk carefully to *step over* the cones
- When you get to the end, *come you step over without touching* it back up after you have finished your turn

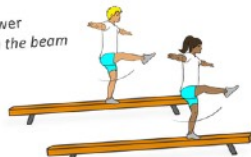


Specific equipment

Beam

8 Mirror your partner

- Put out 2 beams/benches next to each other —
- Line up in pairs, 1 of you at each beam
- One person is the *leader*, the other the *follower*
- The leader makes up a routine using any of the moves learned, and the follower must copy at the same time on the other beam
- On your next go, *switch roles* leader <> follower
 - Try to do at least 2 different moves on the beam



9 Bunny hops over the beam

- Stand at the *side* of the beam at one end
- Put both hands on the beam, and then jump over with both legs to the other side of the beam, while keeping your hands where they are (like a *bunny hop*)
 - Jump over 3 times (left...right...left)
- Do 3 jumps at the start, 3 jumps in the middle, and 3 jumps at the end of the beam



10 Crab walks

- Put out 2 beams/benches next to each other about 1m apart —
- Put your hands on 1 beam, and feet on the other beam, with your belly facing up
- Crab walk* all the way to the other side, shuffling along without touching the ground



11 Bear walks

- Put out 2 beams/benches next to each other about 1m apart —
- Put your hands on 1 beam, and feet on the other beam, with your belly facing down
- Bear walk* all the way to the other side, shuffling along without touching the ground



Line

- Stand up on one end of the beam and make your own *routine*
- Your routine must contain: 1 balance, 1 type of walking across, and 1 jump off to finish
- What are some moves you can use?"
 - Balances: arabesque | flamingo
 - Movements: ice-cream scoops | soldier | side walking | backwards walking
 - Jumps off: pencil jump | star jump | hump | tuck jump
 - Be sure you finish in the *motorbike landing*

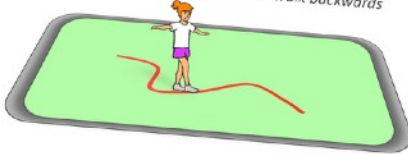


- Make a large circle of different coloured cones -
- 1. Stand in the middle (can have everyone at the same time) facing a cone of your choice
- 2. In your own time, practice **jumping** and **turning** to face a different cone
 - e.g blue to red, red to yellow, yellow back to yellow (full turn)...
 - Use your **arms** to help you jump high into the air and swing around
- 3. Make sure you land in the **motorbike landing position**



Layout a long rope in a wavy line on the floor –

1. Carefully walk along the rope to the other side, don't touch the ground
 - Put your arms out like *airplane wings* for balance
2. As you are going across, try to do different tricks without touching the ground:
 - **Switch feet:** Jump up in the air and **switch the foot** which was forward
 - **Split leap:** Jump up and do the **split** in the air – one leg forward, the other t
 - **Cartwheel:** Try to perform a cartwheel, staying as much as possible on the r
 - **Half turn:** Jump and half-turn in the air, then walk backwards

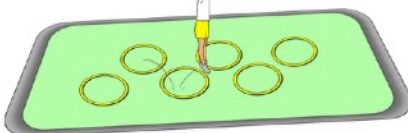


- Put out 2 firm, stable boxes/blocks spaced about 3m apart—
1. Jump up onto the box, and land balanced in the *motorbike landing* position
hold it for 2 seconds
 - Land on both feet at the same time
 - Put your arms out straight in front, with knees bent
2. Then jump off and land again in the landing position
3. Do the same on the next box

Miscellaneous.

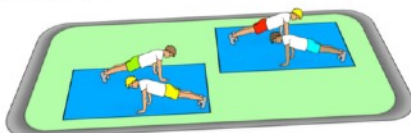
– Put out 6 hoops touching each other in a zig-zag line –

1. Start in the standing pencil position, then **pencil** jump from hoop to hoop to the end
 - Arms straight above your head, legs together
2. The jumps should be short and quick



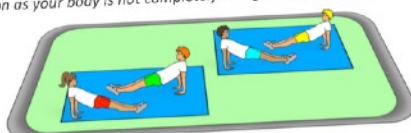
- Put 2 mats out -

1. Everyone gets into groups of 2 or 3
2. One group at a time, everyone in the group goes into the **front support** position
 - **Straight** arms shoulder width apart, and legs out straight
 - Keep your back and bottom **flat/straight** - don't stick your bottom up
3. Have a **competition** to see who can hold the position the **longest** without breaking the shape
 - If you start to sink (belly lowers to the ground) or your arms are not straight, you are out



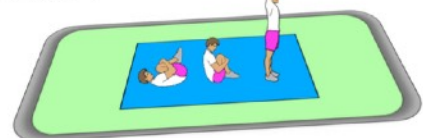
– Put 2-3 mats out –

1. Everyone gets into groups of 2 or 3
2. One group at a time, everyone in the group goes into the **back support** position
 - Have your belly facing up, keeping your whole body straight with strong, straight arms
 - Point your hands towards your feet, and put your legs out straight together
 - Push your **hips up** to stay straight
3. Have a **competition** to see who can hold the position the **longest** without breaking the shape
 - As soon as your body is not completely straight and strong, you are out



– Put 2-3 mats out –

1. Sit down on the mat in the **tuck sit** position
 - Bring your knees up to your chest
 - Tuck your chin down to your knees
2. Holding the shape, **roll** backwards and forwards onto your back 3 times
3. On the 3rd time, try and stand up to your feet **without** using your hands
4. You can then try in **pairs**, linking arms, roll back and forth to try and stand up together
 - You can't touch the ground with your hands



1. Get in to pairs



– Put out 3 hurdles in a line, spaced about 5m apart –

1. Run up towards the 1st hurdle and jump over it using a **split leap**

- "Jump like you are jumping over a puddle of water"
- Try to get your **legs straight** in the air – one leg forward, the other backward
- Keep your arms out to the side for balance
- Jump off 1 leg and land on the other

2. Do a split jump over each hurdle



Online teaching videos for each station



Grades K-3 & 3-6 (2 units)

Gymnastics course

A complete unit with over 60 activities for the trampoline, wedge, bars, floor mats, beams & more, with how-to videos for each station

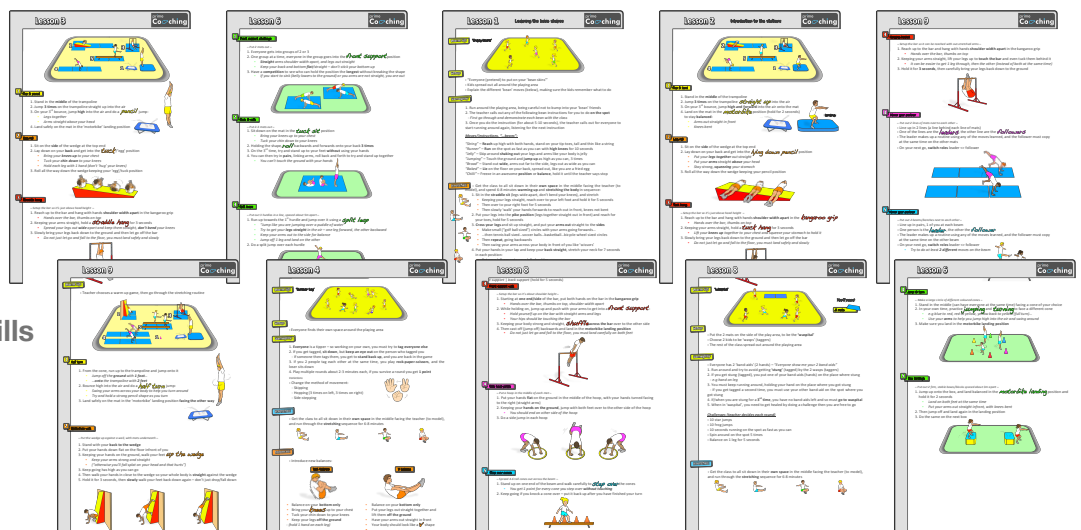
You'll have the perfect plan to develop the key abilities (shapes, balances, supports, rotations & ground work).

So you'll be teaching sports-coach level gymnastics with ease, and be able to confidently assess each area



10 week structured course

Progress through the skills & build on the previous lessons



Trampoline



Wedge



Bars



Floor mats



Beam



Miscellaneous



Specific equipment activities

Progress through the skills & build on the previous lessons

Full assessment rationale

Detailed breakdown of each element to grade your students

