



**Prime Sports NW**

# Gymnastics

## Key Stage 1



**Gymnastics** is a sport for all that requires balance, strength, flexibility, agility, endurance and control. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, chest and abdominal muscle groups. It involves alertness, precision, along with promoting self-confidence and self-discipline. The skills learnt in gymnastics are useful for all other sports.

**Target audience:** Girls, boys, disabilities and able bodied children.

### Background and Aims:

- No previous knowledge or experience in gymnastics is required.
- PE kit is satisfactory (shorts and tucked in T-shirt). The children should be bare foot or wear PE plimsolls. No jewellery is allowed unless worn for religious reasons where it should be taped over. Newly pierced ears should have the earrings covered with plasters until they can be removed. Long or shoulder length hair should be tied back.
- This course will take complete beginners through the basic movements to enable the children to progress onto a gymnastics programme at a local centre.

### Outline of activities and Extensions:

- The skills are practised indoors on small gymnastics mats and wooden benches which most schools have. Springboards, trestle tables, a thick landing mat or wooden boxes are also useful but not a necessity.
- Week 1: introduction and basic skills. Final week: fun session and evaluation.
- Other weeks: basic movements including running, balance, agility and co-ordination through a range of warm up games, vault preparations and balancing on different body parts and at different heights. Jumping (including safe landing) is integral in all forms of gymnastics and throwing/catching is often utilised in warm up games and body conditioning preparations for all gymnastics skills.

### PE Curriculum Links Covered

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- perform dances using simple movement patterns

### Outcomes:

- Improve teamwork, cooperation, listening and develops respect and discipline.
- Improves strength, flexibility, body conditioning, awareness of body alignment, transference of body weight from feet to hands etc.

### Progression:

- Recreational gymnastics programmes at local leisure centres or gymnastics clubs (BGC – Bolton Gymnastics Club or Bolton Arena Gymnastics etc.)

**All equipment is provided**

**Teamwork - Respect - Enjoyment - Discipline - Sportsmanship**

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