

Gymnastics Lesson
Sport Celebration
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Gymnastics Lesson Plan

Theme: Sport Celebrations

Objective: Have students be able to use the principles and basics of gymnastics to break down and perform a variety of celebrations from various sports.

Timeline:

2min	Intro
	Split students into group 1,2,3
1min	Show celebration 1 as large group Show video/example Explain: • FMP • Skills • Extension
2min	Send to small groups with coach to try
1min	Show celebration 2 as large group Show video/example Explain: • FMP • Skills • Extension
2min	Send to small groups with coach to try
2min	Show celebration 3 as large group Show video/example Explain: • FMP • Skills • Extension
3min	Send to small groups with coach to try
2min	Game - Create own celebration • Must use 2 FMP • Must use 2 people in group • Must be repeatable

Station 1 - Hockey Fist Pump

- FMP - Stationary position (balance, support)
- Skills - Stand on one foot, balance while moving arms around
- Extension - Jumping while performing skill, running onto blue mat and sliding
- Video example - http://youtu.be/hqt2F_ygvS0
http://s3-ec.buzzfed.com/static/2014-03/enhanced/webdr02/11/8/anigif_enhanced-8067-1394541362-31.gif
- Cues - Get low, balance, smile, sell the fist pump

Station 2 - Cartwheel

- FMP - Locomotion, Rotation, Landing
- Skills - Rotate body around a point with weight on hands
- Extension - Roundoff, handspring, running start, linking multiples
- Video example - <http://youtu.be/uaGfbFL4VS0>
- Cues - Commit! Support on your hands, roll around, stand up and be stoked

Station 3 - Human Bike

- FMP - Stationary position, locomotion
- Skills - Balance, co-operation, co-ordination
- Extension - incorporate more people, make the bike move
- Video example - <http://youtu.be/EsadZwKrcJ4?t=1m55s>
<http://www.break.com/embed/2057974>
- Cues -
 - Bottom (wheels): Lay on back, knees bent, hands are pedals
 - Middle back (seat): Bend at the waist, hold the handlebars, support the rider
 - Middle front (handlebars): Feet at the bottom persons shoulders, let rider hold your shoulders
 - Top (rider): Rest on your seat, balance, feet on the pedals, hold on to the handlebars!

This lesson has been designed to work in any school with very little gymnastics specific equipment. Below is a brief floor plan of how it may look within our standard set up.

Equipment needed:

- Floor mats
- Large area
- Students willing to learn!

Floor plan for all 4 circuits

