

Creative Gymnastics Teacher Training Day Outline

Delivered during afternoon and after school sessions ideally using KS1 then KS2 class followed by select group of students to stay behind for after school apparatus session.

Topics Covered (5 Principals of Gymnastics)

Rotation including rolling spinning and turning

Balance including individual, pairs, group and sports acrobatics

Inversion within balance and rotation

Flight including take off and landings

Travel including group gymnastics and sequence creation

Typical training timetable

- 1pm – 2pm Year 1 or 2 class participate in session.

Using students to demonstrate above principals to KS1 teachers and TA's able to observe (class teacher for group taken is automatically released)

Session is delivered with open ended tasks that allow students to demonstrate creativity within their own ability range. (Very much a guided discovery teaching style)

Within a 1 hour lesson staff will be able to view

Skills related warm ups for gymnastics

Basic use of Literacy and Numeracy within gymnastics sessions

How to develop the key skills of take off landing, rolling and spinning safely, refining and improving movements, basic ways to develop standard moves like log / pencil roles and forward rolls and how to improve the quality, creating basic floor sequences ready introduction of apparatus.

- 2pm – 3pm Year 5 or 6 Class participate in session

Using students to demonstrate above principals to KS2 teachers and TA's able to observe (class teacher is for group taken is automatically released)

Within this 1 hour session staff will be able to view

Advanced warm up ideas including links to flight, balance and rotation

Advanced Literacy and Numeracy in Gymnastics ideas including analysing and improvement tasks for students

How to develop key gymnastics skills related to all the principals of gymnastics and relate these to sequence construction with partners and groups. Incorporating a range of sports acrobatics balance opportunities.

- 3.30pm – 4.30pm Apparatus session with 10 – 12 students from KS2 chosen by school

Show how to use core skills / principals of gymnastics learnt to create both individual and group sequences using apparatus.

Review Health and Safety Issues

4.30pm - 4.45pm Staff opportunities to review sessions, ask questions, address personal issues with gymnastics delivery.

Review training

Question and answer session for staff

Discuss future training needs