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3-5 EDUCATIONAL GYMNASTICS

Learning Progressions



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Warm Up

See if you can hold a high or even a low plank in your squad area until we start our **TABATA**

Inch Worms	Step Ups
Forward Rolls	Hollow Roc's

Routine is **NOT** the enemy!

Warm-up

*5-10 min. of Focused
Deliberate Practice*

Lesson FOCUS

Explore Time

Socks and Shoes

- Warm-up is Crossfit Kids based and usually incorporates fitness based elements which enhance gymnastic movement.
- During the first and second week of this unit, we establish a 5-10 minute period of scalable options for students to choose from which will help them improve an essential skill for this unit.

3RD GRADE

Cartwheels

Shape Standard SI.E8.4

Demonstrates the ability to combine balance and weight transfers with movement concepts (e.g., mule kick, cartwheel, round off).



Cartwheel Teaching Cues:

- Fingers and Toes point opposite directions
- Foot farthest away from the helper mat is your landing foot.
- Twist to get your hands down
- Twist to land on your landing foot first
- Try to lift your legs as high into the air as you can

5-10 Minutes of Deliberate Practice

Cartwheels

It takes a week or two for us to introduce our progressions for this feet to hands to feet transfer of weight but after they are set, students work at the level they are most comfortable with occasionally trying to move up the progression ladder. Their options are:

- Using various width helper mats
- Transferring to the floor
- Playing “Over the River”
- Playing “Through the Valley”
- Playing “In the River”
- Playing “Between the Mountains”
- Practicing on the low beam



Inverted Balances

- Remember that balances are strong and still shapes that can be held for 3 gymnastics.
- What kind of shape do you want to share?
- How many bases of support do you want to use?
- What are your bases of support?
- An **INVERTED BALANCE** is a balance held with your head lower than your shoulders.

Wheelbarrows

- Head below shoulder level, body parts supported by apparatus just like wheelbarrow handles.



Tripods

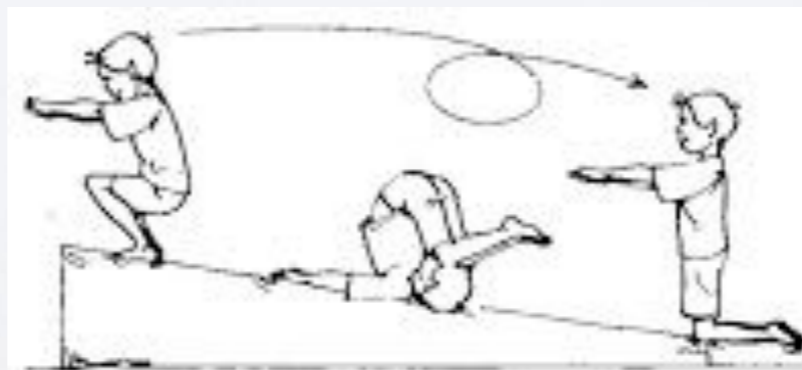
- The base of support is a triangle made with your head and your hands.



Backwards Shoulder Roll

Backwards Shoulder Roll Progression:

- Rock and Rolls from Sitting
- Rock and Rolls from Squatting
- Backward Toe Touches from Sitting
- Backward Toe Touches from Squatting
- Backward Shoulder Roll down the Incline Mat from Sitting
- Backward Shoulder Roll down the Incline Mat from Standing
- Backward Shoulder Roll from Sitting/Squatting on the Floor
- Backward Shoulder Roll from Standing on the Floor



3rd Grade Gymnastic Sentence

3rd Grade Gymnastic Sentences

Who's sentence are you watching?: _____

<input type="checkbox"/>	Beginning Shape	Great	O.K.	Needs Work
<input type="checkbox"/>	Forward/Backward Roll	Great	O.K.	Needs Work
<input type="checkbox"/>	Inverted Balance	Great	O.K.	Needs Work
<input type="checkbox"/>	Shape in Air	Great	O.K.	Needs Work
<input type="checkbox"/>	Stuck Landing	Great	O.K.	Needs Work
<input type="checkbox"/>	Cartwheel	Great	O.K.	Needs Work
<input type="checkbox"/>	Ending Shape	Great	O.K.	Needs Work

Additional Comments (Sentence 1 minute or less? Challenging? Walking?):

4TH GRADE

5-10 Minutes of Deliberate Practice

Inverted Balances

- Assisted Tripods
- Unassisted Tripods
- Assisted Headstands
- Headstands with Bumpers
- Unassisted Headstands



Cartwheels

- Using various width helper mats
- Transferring to the floor
- Playing “Over the River”
- Playing “In the River”
- Practicing on the low beam



Backwards Roll

Backwards Roll Progression:

- Shoulder Roll options
- Establishing a roll cage
- Rock and rolls with roll cage
- Backwards roll with roll cage from sitting on incline mat
- Backwards roll with roll cage from standing in front of the incline mat
- Backwards roll with roll cage on the floor



Copying and Following

Leader/Follower - partners take turns copying/following the leader

- The leader needs to communicate with the follower and know what their partner is and isn't comfortable doing.

Matching and Mirroring

Partners work together to practice moving through the gymnasium with and/or without the equipment simultaneously.

- Matching is when partners are side by side
- Mirroring is when partners are face to face or back to back.
- Partners need to communicate with each other and know what their partner is and isn't comfortable doing.
- Matching and Mirroring requires a great deal of practice and communication.

4th Grade Gymnastic Sentence

4th Grade Gymnastic Sentences

Group: _____

<input type="checkbox"/>	Beginning Shape	Great	O.K.	Needs Work
<input type="checkbox"/>	Matching/Mirroring	Great	O.K.	Needs Work
<input type="checkbox"/>	Copying/Following	Great	O.K.	Needs Work
<input type="checkbox"/>	Forward/Backward Roll	Great	O.K.	Needs Work
<input type="checkbox"/>	Cartwheel/Roundoff	Great	O.K.	Needs Work
<input type="checkbox"/>	Tripod/Headstand	Great	O.K.	Needs Work
<input type="checkbox"/>	Ending Shape	Great	O.K.	Needs Work

Additional Comments (Less than 2 minutes? Connected? Challenging?):

5TH GRADE

5-10 Minutes of Deliberate Practice

Inverted Balances

- Assisted Tripods
- Unassisted Tripods
- Assisted Headstands
- Headstands with Bumpers
- Unassisted Headstands
- **Kick-ups**
- **Walkups**
- **Kick-up to Assisted Handstand**
- **Kick-up to Hold and Tip Over**
- **Kick-up to Handstand with Bumpers**
- **Kick-up to Unassisted Handstand**
- **Handstand Contests**



Counterbalance/Countertension

Counterbalance

Uses a pushing force to stay balanced

Countertension

Uses a pulling force to stay balanced



What kind of shape are you trying to make?
What are your bases of support going to be?
What body parts are you going to balance on?
Strong and Still for 3 gymnastics

5th Grade Gymnastic Sentence

Shape Standard SI.E7.5 and SI.E12.5

Combines balance and transferring weight in a gymnastics sequence or dance with a partner.

Combines actions, balances and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus.

5th Grade Gymnastic Sentences

Group: _____

<input type="checkbox"/>	Beginning Shape	Great	O.K.	Needs Work
<input type="checkbox"/>	Matching/Mirroring	Great	O.K.	Needs Work
<input type="checkbox"/>	Copying/Following	Great	O.K.	Needs Work
<input type="checkbox"/>	Forward/Backward Roll	Great	O.K.	Needs Work
<input type="checkbox"/>	Cartwheel/Roundoff	Great	O.K.	Needs Work
<input type="checkbox"/>	Counterbalance/tension	Great	O.K.	Needs Work
<input type="checkbox"/>	Ending Shape	Great	O.K.	Needs Work

Additional Comments: (ie. Walking? Challenging? Less than 2 minutes?)

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**Thank you for
joining us!!**



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