

Pre-school Gymnastics and Movement Assistant Gymnastics Coach (Cycle 5) Syllabus

Physical Preparation:

Warm up sessions including: types of exercise, variety of games, making it fun and landing drills

Basic flexibility training; different approaches; partner work

Exercises related to postural shaping - arch, dish, pike

Simple exercises for development of strength - upper body; mid body; legs

Exercises to develop style and line

Exercises for co-ordination and body awareness

Execution of Landings

Safe learning environment

Technique for jumps and landings

Safe falls when moving forwards or backwards

Principles of Spotting

Ensure that spotting is not a replacement for good physical preparation and sound skill development.

Introduce safe supporting drills.

Points of danger awareness

Movement Skills

Movement Skills and Support Techniques

Rhythm activities – music and songs

Large apparatus – bench, low beam, bar

Specialist large apparatus and optional layout

An introduction to theme work

Minimum of three practical sessions with hands on experience with children of appropriate age range

Use of Hand Apparatus

Develop hand, eye co-ordination through the use of hand apparatus; throwing; catching; bouncing, etc. with bean bags, balls, hoops and ribbons