|  |  |
| --- | --- |
| **Gymnastics Club Week 5 – Apparatus Work** | |
| **Session Objectives** –Practicing key skills learned but applying it to apparatus | |
| **Warm Up** – 10 Minutes  Mirror Tag | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.  **Equipment** – Cones, mats, benches, boxes/frames | |
| **Main Activity** – 35 Minutes | |
| Apparatus- 15 Minutes  Set up apparatus with children who are happy with the layout  Practice all the skills learned over the last 4 weeks using the apparatus  Full routines in teams and show – 20 Minutes  Create a routine in teams of three or four moving thinking about jumps, balances and shapes  Everyone can watch the routines of the class and give feedback. | Coaching Points  Set up may take 5mins or more.  Show children how to carry each bit of equipment, allowing the older ones to carry the slightly larger objects and allow younger children to help take out some mats (mats never go above head).  Attach benches to different bits of apparatus with a slight incline (4-6 stations depending on group size).  **DO NOT FORGET TO PUT MATS UNDER ANYTHING THAT MAY CAUSE A FALL!**  Children must pull themselves up the bench by sliding on back and belly, walking, etc.  Swap groups around to try different size of apparatus. Keep age/skill- related groups, so you know which groups to keep an extra eye on.  Make different sized groups to create bigger and better |
| **Cool Down and Debrief –** 5 Minutes  Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.  Ask questions – What have you learnt today?  Award a certificate.  Dismiss children from designated area. | |