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| **Gymnastics Club Week 7 – Rolls Week** | |
| **Session Objectives** –Practicing key skills learned but applying it to apparatus | |
| **Warm Up** – 10 Minutes **Stuck in the mud**   * The children will find a space in an area the coaches have set out * One / two children wearing a bib, will need to try and tag as many children as they can, they will tag the other children on the back/shoulder * All of the children who do not have a bib must move around the area and try not to get caught by the catchers. Once caught they must stand in a star position (stuck) * Children can be freed by another child pushing their arms down from the star position * Play until everyone is caught or after 3-4 mins. Then repeat | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body. | |
| **Main Activity** – 35 Minutes | |
| Rolls- 15 mins  Show the children a variety of rolls including pencil rolls, teddy bear rolls, egg roll, dish roll. Please look up prior to this for coaching points  Floating island – 20 mins  Use hoops/small coloured mats to travel from one side of the room to the other  Children must always be on the mats when they do this. For example : having 2 children in one group will be given 2 mats. They must both stand on the first mat and pick up the one behind them to place in front of them. Then step onto the one in front of them and repeat  They must continue this over and over again making sure they never step in the water (floor) | Coaching Points |
| **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. | |