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| **Gymnastics Club Week 8 – Rhythmic Gymnastics** | |
| **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 | |
| Rhythmic Gymnastics- 20 mins  Using a variety of props and equipment such as hoops tassles ribbons, scarves  Allow time for the children to practice individually and in groups  Create Routine – 15 mins  Create routine in groups thinking about the equipment they use the movement and directions used and able to work in a synchronised way with team | 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. | |