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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
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| **Dynamic Stretching** – 5 MinutesPick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body. |
| **Main Activity** – 35 Minutes |
| Rhythmic Gymnastics- 20 minsUsing a variety of props and equipment such as hoops tassles ribbons, scarvesAllow time for the children to practice individually and in groups Create Routine – 15 minsCreate 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 MinutesGet 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.  |