



LOG BOOK – G452

COACHING – GYMNASTICS - TOP BAND 3 -18

There is no content page.

A well presented log book however the candidate does not fulfil the requirement to coach over a three month period, nor are there details of ten coaching sessions.

There is no actual scheme of work nor completed risk assessment forms although risk assessments are described in the session plans. There appear to be discrepancies between the session plans and the outline plan.

There is DVD evidence of the candidate coaching for 40 minutes.

The Health and Safety aspects of gymnastics are discussed.

There is evidence of CRB clearance and a First Aid qualification. Child protection issues in gymnastics are discussed.

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book contents and authentication statement: Coaching

Centre Number		Centre Name	
Candidate Number		Candidate Name	

Please indicate below which activity is the focus of the coaching assessment to which this log book and authentication statement relates.

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Log book element required	Present? (please tick)
Record of coaching activities over a three month period	
Scheme of work with minimum 10 sessions including evaluations and risk assessments	
Accompanying DVD/CD-Rom record as per the criteria	
Details of health and safety issues relevant to the activity	
Details of Child Protection procedures in operation and evidence of CRB clearance	
Evidence of appropriate first aid qualification	

Assessment Band Descriptor which log conforms to

Band 1: A detailed and comprehensive log containing all the prescribed information is present	
Band 2: A detailed log containing all the prescribed information is present	
Band 3: A detailed log containing most of the prescribed information is present	
Band 4: A log containing some of the prescribed information is present	
Band 5: A log containing little of the prescribed information is present	
Mark awarded	Max 30

Authentication statement

I can confirm that this candidate has fully completed the coaching detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

Name of instructor/teacher responsible	
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Signature		Date	
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Coach's Log

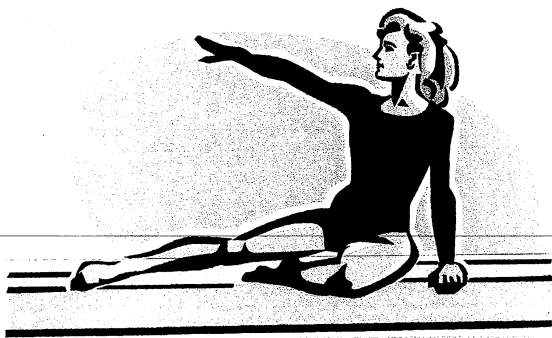
Name: R J C

Centre Number: 1111

Candidate Number: 555

School: J C 1

Activity: Gymnastics



Coaching
Records
&
Schemes of
Work

Coaching Records, Mondays Winchmore School 6:10pm – 7:10pm

Monday 8th September 2008

This is the first session of the new school term, meaning there were a lot of new children in the group. I teach the beginners group, so my job on the first session is to test the children on each piece of equipment, to see how many of the skills I give them they can do. There were luckily some children who have already had experience of gymnastics, their main strengths were on the floor, doing forward and backward rolls, which beginners often find hard. So I will be progressing these children quickly. As for the other children, I will be teaching them the basics on each piece of equipment over the course of the first three sessions, and then have a review of what they can do. If they can all do what they have been taught, we will move onto badge work, which involves doing a number of different skills to achieve a badge and certificate.

Monday 15th September 2008

This session went well. I taught all the gymnasts jumps last week, and they all remembered the correct technique. So in their stretch jumps, their legs were together, arms and legs both straight and their back were straight but not arched. I am having trouble teaching the gymnasts the hurdle step on the vault. This is because it is unlikely that they have experienced vault in school as they are only five/six years old. So I next week I will be manually guiding them through how to do the step. Once they have mastered this, can I move onto actually squatting on the vault, as at the moment they are only doing the run up, hurdle step and then a jump onto the mat. The jumps are good to teach here as they are reinforcing the skills I taught the gymnasts on the floor.

Monday 22nd September 2008

I feel that some of the gymnasts are progressing nicely. They are clearly grasping what is being taught, and obviously going through the skills at home with their parents. So for example, two of the groups' forward rolls are fluent and neat. They have moved off the springboard (which is where rolls are started to build confidence and kinaesthetic feeling for the move) and are now doing them easily on the floor. The other gymnasts in the group will have to start doing both forward and backward rolls on the floor next week, as if they stay on the springboard too long, they will always need that support and get the wrong kinaesthetic feel for the move. The gymnasts are coming along with the hurdle step, so next week I will add in the vault so they can start learning the skill of squat on.

Monday 29th September 2008

I did a review of what the gymnasts have learnt so far, and I was pleasantly surprised. They all remembered the correct technique for the star, tuck and stretch even though we have not worked on it for two weeks. All achieved the hurdle step. I was worried they would run up the springboard, rather than jumping on the board with two feet. So next week we will start badge work. This is only on the floor. Also we will move onto the beam. We have not had a chance to go on their due to the ratio of groups to pieces of equipment, we do not always get to go on all pieces of equipment. So next week I will be doing beam and floor work with the children.

Monday 6th October 2008

We begun this session working on the beam. I taught the gymnasts squat on the beam. This will help them on the vault when I teach them squat on. They can get the kinaesthetic feeling for the

move, and by starting to do the move on the beam, it will be easier on the vault as they have aid from the springboard. They all walked along the beam on their toes without difficulty, so to progress from here, I will get them to try walking backwards. This helps to build confidence of the gymnast as they have to aid on their senses to get to the end. They do this by turning their feet under to feel if they are at the end of the beam or not. On the floor, I have taught them all two balances which I will be testing them on next week to see if they can pass it for their badge. I taught them a single leg balance and a single knee balance.

Monday 13th October 2008

This session did not go as well as I had hoped. I thought all the gymnasts would remember their balances and be able to perform them this session, but most did not hold the balances for long enough. To pass, they must hold it for a minimum of three seconds. No one achieved this. So I will be going over this in the session next week, as they should all be able to pass those two moves. On the beam, the gymnasts had a little trouble with the walking backwards flat footed. This was more a confidence thing as they all wanted support the whole way. So I will be working on this until they can do it without me. They will then progress onto doing it on their toes, and then walking sideways on their toes. Sideways is all about balance, and some do not have the balance for this skill just yet. They are not keeping their muscles tight and tense, so they wobble.

Monday 20th October 2008

We did not get to go on the beam today due to the number of groups to the pieces of equipment. So we went on the floor and vault. The squatting on on the beam has really benefited to the gymnasts, as they are now squatting on the vault. Some are getting their knees on rather than their feet, but is better they do that rather than diving at the vault. The gymnasts just need to get their knees up higher, which is not much to do. Thankfully on the floor, all the gymnasts passed their two balances, so we can move onto another skill on the floor. I will be going over a forward roll with them next week. We have not done forward rolls for a while, so I am hoping they remember the correct body position and technique to do it, because they cannot go back to the springboard. They will have to learn it on the floor if they do not.

Monday 27th October 2008

The gymnasts had trouble with the forward rolls, as they all kept rolling on the top of their head, rather than tucking the head onto their chest, and rolling on the back of their neck. I have to stop this habit now as if they carry on, it can damage their back as they are landing on it with such force. I did begin teaching them backward rolls. A problem they are having is that they are relying on my support too much to push them over the top. At the moment they do not have much arm strength, which may be why they cannot push over. But the strengthening that I do at the end of each session should be helping with that. On the vault their squat ons are coming along nicely, once they all get on their feet rather than their knees, I will move onto straddle on.

Monday 3rd November 2008

Because all the gymnasts got their feet on the vault during their squat on, I progressed onto straddle on. All the gymnasts have nice straddle shapes on the floor, and they showed these nicely on the vault. A problem for straddle on for young gymnasts is their height. They need to lift their bums up high to get their feet on, which some of the gymnasts are not doing. It is a quick movement, but some are being too slow. But we can work on this next session. Their half turn jumps off the vault

are starting to come along. The gymnasts just need to remember about using their arms while jumping. Letting the arms go up then down while jumping helps to control the jump. Some of the gymnasts are swinging the arms sideways, which is making them over rotate. So they need to get out of this habit before the motor programme becomes grooved. On the beam, they all have progressed onto walking backwards on their toes. I now need to stop supporting them all the time so they can get a feel for the movement without me helping to balance them.

Monday 10th November 2008

I am pleased at how the session went today, as the gymnasts did well on the beam. I stopped supporting them (unless they were about to fall) and they all seemed confident doing it on their own. Because of this, I progressed on to walking sideways. I started with them doing it flat footed, so they could get a feel for the movement. Once they are confident with doing it flat footed, I will get them to do it on their toes, which requires a lot of balance. The gymnasts balance is getting better, so I am confident they will be able to do it. Most of them seemed fine, but were a bit wobbly. We can work on this next week. The gymnasts straddle ons have improved since last session. They all lifted their bums up higher, meaning they are getting their feet on. But I noticed some of them are not straddling wide enough, so it is harder to get their feet on. So all they need to do is move their feet closer to each side of the vault, rather than trying to put their feet in the middle.

Monday 17th November 2008

We only worked on floor this week as I wanted to get some of the badge work done before the end of the term, which is when all badges get given out. We worked on forward and backward rolls, which were a little bit better than last time. But it is the backward rolls that need most work, as the gymnasts are not pushing enough, so they are not going over. And some are not pushing with both hands, making them go over one shoulder. We worked on this and most have got the right technique for the skill, so next week I will be reviewing these moves to make sure they remember the skill.

Monday 24th November 2008

We started on the floor this session, and I felt it went well. The gymnasts remembered about pushing with their arms to go over in the backward roll. But now they have mastered this part of the skill, they now need to make sure they land on their feet, rather than landing on their knees. Also on their forward rolls, they must make sure they do not put their hands down to stand up. So the roll must be fast so there is no need to put their hands down, as momentum will help them get up. On the beam, they all remembered all the walks we have done in previous weeks, so I progressed them onto doing jumps along the beam. They should be good at these because their jumps are very nice with straight limbs and a nice landing. I will be trying this next session.

Session Plan 1

Date: 13/9/08	Venue:	Time: 10:30am - 12:30pm	Duration of session: 2 hours
Number in group: 8	Gymnast/Coach ratio: 1:8	Age Range: 5 - 8	
First Aid Provision: First Aid Kit in the store cupboard	Nearest Phone: My mobile phone		
Sessions Goals: Floor - To teach gymnasts forward roll Bars - To teach gymnasts circle up and down Beam - To walk forward, backward and sideways with a stretch jump off the beam. Squat onto the beam Vault - To teach basic movements of vaulting and a squat on			
Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus ORGANISATION Gymnasts will have one mat each so they are spread out and don't get distracted by others. During the game I will stand around the outside of the mats so I can observe all the gymnasts. During the stretching, I will be at the front demonstrating while another coach will walk round, checking what the gymnasts are doing. APPARATUS Floor mats. Enough for one mat per gymnast	
WARM UP: 20 - 25 MINUTES 1. Aim - to mobilise the joints and stretch the muscles. 2. Start off with a game - stuck in the mud to raise the heart rate and warm the gymnasts bodies up. 3. Spread gymnasts out so each gymnast has their own mat. Start at the top of the body. Turn head to either side & up and down. Circle shoulders and arms. Circle the hips keeping the legs straight. Straddle stand, with one hand on hip and lean over to one side. The opposite arm should be straight by ear. Straddle stand, touching the floor in front of them, in the middle and behind them. Jump the legs together and repeat. Touch the toes with straight legs. Sitting in a pike position, pointing the toes and flexing them. Circle the ankles one at a time. Touch the toes with pointed toes, legs should be	I will thoroughly explain where they should feel the different stretches. Make sure legs and arms are straight where needed. CHECK GYMNASTS DRESS DURING WARMUP! No hoods, jewellery, baggy or long trousers, no chewing gum.		

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>straight</p> <p>Lean forward and put head on knees, keeping legs straight.</p> <p>Straddle sit. Lean over each leg and touch toes.</p> <p>Straddle sit. Lean forward and put chest on floor.</p> <p>On hands and knees rocking backwards, forwards and sideways, turning hands on floor, stretching wrists.</p> <p>Kneeling - circle wrists.</p> <p>Lie on stomachs. Hands underneath shoulders and straighten arms to stretch stomach and back muscles.</p> <p>Lie on back with knees bent, lift hips off the floor .</p> <p>Lie on back with knees bent and arms bent by ears so hands are flat on the floor in bridge position, and push. up to bridge.</p> <p>Rock backwards and forwards to stand up.</p> <p>Do a range of jumps to finish the warm up such as tuck, stretch and star jumps.</p>		
<p>FLOOR: 20 MINS</p> <p>1. Preparations for forward roll:</p> <p>Bunny hops. The body should be in a 90° angle with the floor. The legs in a tucked position so toes are pointed towards the ceiling.</p> <p>Rock backwards and forwards to standing, helping the gymnast to get up out of the forward roll without using hands. If the gymnast has trouble standing up without their hands, ask them to hold a skipping rope and rock backwards and forwards and as they are about to stand, pull the other end of the rope.</p> <p>Shoulder stand, come down and stand up without hands.</p>	<p>Forward roll:</p> <p>Tuck neck under so chin is on chest.</p> <p>Straighten legs in the middle of the roll.</p> <p>Stand up with legs together and without using hands.</p>	<p>APPARATUS</p> <p>Floor mats</p> <p>Springboard with mat on it</p> <p>Skipping rope</p> <p>ORGANISATION</p> <p>The gymnasts can form lines at the end of the mats and perform move along row of mats.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>2. Forward roll down a springboard with a mat on it, supporting them on the upper arm and back of the leg. Gymnasts do this one at a time.</p> <p>3. If they can do this easily, they may move onto the floor. Support still needed.</p> <p>4. If gymnast can perform with ease without support, add a jump on the end of the roll, such as a stretch jump, to show how much spring they produce from their roll.</p>		
<p>BARS: 20 MINUTES</p> <p>1. Preparations for circle up and down</p> <p>Front support to check they can hold their own weight. On the top or bottom bar (depending on the height of the gymnast) chin ups. Keeping the body in a straight line, the gymnast must pull themselves up to the bar using their arms only. Builds up muscular strength.</p> <p>On the top or bottom bar (depending on the height of the gymnast) leg lifts. The upper part of the body should be in a straight position, the legs are lifted up so the toes touch the bar. Support with hand on back to stop gymnast from swinging back.</p> <p>2. Circle up & down.</p> <p>Support the gymnast on their back and upper leg, get them to chin the bar and do a leg lift to the bar. Their legs should go over the top of the bar into a front support position. Support on the upper arm and shoulder if needed.</p> <p>From front support, the gymnast should lean forwards and come down into a tucked position hanging from the bar. They must not let go of the bar until their feet are touching the floor.</p>	<p>During circle up & down tell the gymnast to look at the bar and while circling up make sure they keep their arms bent in chin position. Make sure thumbs are facing forwards and hands are in an overgrip position.</p>	<p>ORGANISATION</p> <p>The gymnasts who aren't on the bars can do strengthening. Can do press ups, squat thrusts, sit ups on mats by wall.</p> <p>APPARATUS</p> <p>Uneven bars with two safety landing modules underneath.</p> <p>A line of mats along the wall for strengthening.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>BEAM: 20 MINUTES</p> <p>1. Preparations: Squat thrusts to practise the squat position Stretch jumps, making sure there is a correct body position.</p> <p>2. Squat onto the beam, with support on waist or on upper arms.</p> <p>3. Walking forwards, backwards and sideways on toes. The gymnasts will start on the floor beam to build their confidence and so they get a kinaesthetic feeling for the move. The arms should be at shoulder height extended to the side for balance. Support around the waist if needed.</p> <p>4. Stretch jump off the beam onto a safety landing module with support around the waist if needed.</p>	<p>For squat on: Legs should come up together into a tucked position on the beam. Hands should be flat on the beam and shoulder width apart. Shoulders should be over the beam. For walking: Straight body line (no arching of the back) with straight arms out to the side. Palms of hands should be facing the floor. Head up, looking towards the end of the beam. Body should be tight i.e. stomach should be pushed in, thighs having good tension. For stretch jump: Straight arms above the head, with a straight body line (no arching of the back). Toes pointed with a controlled landing.</p>	<p>ORGANISATION Before starting, get gymnasts to practise stretch jumps and squat thrusts. Once they have shown correct shape, gymnasts can form a line to wait for their go.</p> <p>APPARATUS A floor beam with a mat underneath it.</p>
<p>VAULT: 20 MINUTES</p> <p>1. The run up. The gymnast must gain enough speed to have enough height out of the springboard to get onto the vault. Running drills can be done to increase the speed of the run up.</p> <p>2. The hurdle step. Before the springboard, the gymnast needs to take off from one foot jump onto the springboard with two feet, and onto the vault with two feet.</p> <p>3. Once gymnasts have done the first two steps onto a safety landing module, they can put the two together and do a squat onto a low box. The low box will build up their confidence and help them to gain the correct kinaesthetic position.</p>	<p>For the run up: Head up looking forward, keeping the arms bent while running. The gymnast should not be running flat footed. For the hurdle step: Using the arms to swing through on the landing on the springboard so they can ready to be put on the vault. Overall a fast movement. For the squat on: Flat hands on the vault, making sure they are not too close to the front of the vault. The feet should be in between the hands, with the legs in a tucked position.</p>	<p>APPARATUS Vault run (long thin mat) with a springboard at the end. Low box top with a safety landing module at the end of it.</p> <p>ORGANISATION While waiting for their go, they can do squat thrusts.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
COOL DOWN: 10 MINUTES Do some stretches with the group to calm them down, and to avoid their muscles from getting injured (e.g. dish and arch shapes, back support). Dismiss the group once a parent or guardian is there to collect them.	Make sure stretches are done with straight arms and legs were appropriate.	ORGANISATION Sit each gymnast down on their own mat. APPARATUS Floor mats - one per gymnast

RISK ASSESSMENT

Once the all the equipment has been put out, it must be checked again to make sure everything is secure and safe before the gymnasts begin their warm up. This would involve locking the bars so they are not moveable, and taking the vault and beam off its' wheels before letting any of the gymnasts on it. The gymnasts will then be able to take part in their warm up. But they must not have any long or baggy clothing on, as they can trip over it and injure themselves. They are not allowed hooded jumpers on as this can obstruct their view. No jewellery apart from single stud earrings are allowed as this can get caught on pieces of apparatus and cause injury. The people taking part need to be aware of others around them and injuries they can cause to each other. For example, running across the floor while others are performing can cause a collision resulting in two injured gymnasts. The coaches also need to take this into consideration. For example, if a coach is supporting a backward walkover, they need to support in the appropriate place but be aware that the gymnast may widen their legs and kick the coach. Also if the gymnasts have been taking part in trampolining, they must take their socks off to avoid slipping over and injuring themselves. Finally the equipment should be checked over for damages they may harm the gymnast. Doing a handstand forward roll on a damaged mat can cause injury to the gymnast. All these checks make sure the gymnast can work in a safe and fun environment.

EVALUATION

I think overall this session went well, due to it being the gymnasts' first session and they learnt new skills. Some of the gymnasts were struggling with the skill of a forward roll on the floor. So next week I will have to go back to the springboard technique for a few goes, and then back onto the floor. I cannot let them get used to having the springboard as they will begin to get the wrong kinaesthetic feeling and have to rely on the springboard. I will then help them on the floor if a certain amount of time until I feel they can do it on their own. This is so they do not get used to the support. The gymnasts have been told to do some strengthening at home such as press ups to build muscular strength in their arms. This is so they can progress to doing circle up and down on the bars by themselves. Without the upper body strength, they will find it hard. But overall, I feel the session was successful and I know to progress at a steady pace.

Session Plan 2

Date: 20/9/08	Venue:	Time: 10:30am - 12:30pm	Duration of session: 2 hours
Number in group: 8	Gymnast/Coach ratio: 1:8	Age Range: 5 - 8	
First Aid Provision: First Aid Kit in the store cardboard		Nearest Phone: My mobile phone	
Sessions Goals:			
Floor - To continue with forward roll and progress to forward roll to straddle			
Bars - To continue with circle up and down and progress to lay ways			
Beam - To squat onto the beam and teach stretch jumps along with a stretch jump off			
Vault - To teach squat on and stretch jump off			
Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus	
<p>WARM UP: 20 - 25 MINUTES</p> <ol style="list-style-type: none"> 1. Aim - to mobilise the joints and stretch the muscles. 2. Start off with a game - stuck in the mud to raise the heart rate and warm the gymnasts bodies up. 3. Spread gymnasts out so each gymnast has their own mat. <p>Start at the top of the body.</p> <p>Turn head to either side & up and down.</p> <p>Circle shoulders and arms.</p> <p>Circle the hips keeping the legs straight.</p> <p>Straddle stand, with one hand on hip and lean over to one side. The opposite arm should be straight by ear.</p> <p>Straddle stand, touching the floor in front of them, in the middle and behind them.</p> <p>Jump the legs together and repeat.</p> <p>Touch the toes with straight legs.</p> <p>Sitting in a pike position, pointing the toes and flexing them.</p> <p>Circle the ankles one at a time.</p> <p>Touch the toes with pointed toes, legs should be</p>	<p>I will thoroughly explain where they should feel the different stretches.</p> <p>Make sure legs and arms are straight where needed.</p> <p>CHECK GYMNASTS DRESS DURING WARMUP!</p> <p>No hoods, jewellery, baggy or long trousers, no chewing gum .</p>	<p>ORGANISATION</p> <p>Gymnasts will have one mat each so they are spread out and don't get distracted by others.</p> <p>During the game I will stand around the outside of the mats so I can observe all the gymnasts</p> <p>During the stretching, I will be at the front demonstrating while another coach will walk round, checking what the gymnasts are doing.</p> <p>APPARATUS</p> <p>Floor mats. Enough for one mat per gymnast</p>	

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>straight</p> <p>Lean forward and put head on knees, keeping legs straight.</p> <p>Straddle sit. Lean over each leg and touch toes.</p> <p>Straddle sit. Lean forward and put chest on floor.</p> <p>On hands and knees rocking backwards, forwards and sideways, turning hands on floor, stretching wrists.</p> <p>Kneeling - circle wrists.</p> <p>Lie on stomachs. Hands underneath shoulders and straighten arms to stretch stomach and back muscles.</p> <p>Lie on back with knees bent, lift hips off the floor .</p> <p>Lie on back with knees bent and arms bent by ears so hands are flat on the floor in bridge position, and push. up to bridge.</p> <p>Rock backwards and forwards to stand up.</p> <p>Do a range of jumps to finish the warm up such as tuck, stretch and star jumps.</p>		
<p>FLOOR: 20 MINS</p> <p>1. Preparations for forward roll:</p> <p>Bunny hops. The body should be in a 90° angle with the floor. The legs in a tucked position so toes are pointed towards the ceiling.</p> <p>Rock backwards and forwards to standing, helping the gymnast to get up out of the forward roll without using hands. If the gymnast has trouble standing up without their hands, ask them to hold a skipping rope and rock backwards and forwards and as they are about to stand, pull the other end of the rope.</p> <p>Shoulder stand, come down and stand up without hands.</p>	<p>Forward roll:</p> <p>Tuck neck under so chin is on chest.</p> <p>Straighten legs in the middle of the roll.</p> <p>Stand up with legs together and without using hands.</p> <p>Forward roll to straddle:</p> <p>Tuck neck under so chin is on chest.</p> <p>Part legs in the middle of the roll, making a straddle shape.</p> <p>Place hands flat on the floor and push up to straddle stand.</p>	<p>APPARATUS</p> <p>Floor mats</p> <p>Springboard with mat on it</p> <p>Skipping rope</p> <p>ORGANISATION</p> <p>The gymnasts can form lines at the end of the mats and perform move along row of mats.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>2. Forward roll on the floor. If the gymnast struggles without support, take back to using springboard.</p> <p>3. If gymnast can do without support easily, teach forward roll to straddle. Involves gymnast splitting legs instead of keeping them together. Hands go in between legs to push up to straddle stand.</p> <p>4. Start by using springboard, so gymnasts get a kinaesthetic feeling for the roll.</p> <p>5. Once done easily on springboard, progress to floor with support.</p> <p>6. Allow gymnast to try without support, but praise if done correctly. If not, go back to springboard.</p>		
<p>BARS: 20 MINUTES</p> <p>1. Preparations for circle up and down</p> <p>Front support to check they can hold their own weight.</p> <p>On the top or bottom bar (depending on the height of the gymnast) chin ups. Keeping the body in a straight line, the gymnast must pull themselves up to the bar using their arms only. Builds up muscular strength.</p> <p>On the top or bottom bar (depending on the height of the gymnast) leg lifts. The upper part of the body should be in a straight position, the legs are lifted up so the toes touch the bar. Support with hand on back to stop gymnast from swinging back.</p> <p>2. Circle up & down.</p> <p>Support the gymnast on their back and upper leg, get them to chin the bar and do a leg lift to the bar. Their legs should go over the top of the bar into a front support position. Support on the upper arm and shoulder if needed.</p> <p>From front support, the gymnast should lean</p>	<p>During circle up & down tell the gymnast to look at the bar and while circling up make sure they keep their arms bent in chin position. Make sure thumbs are facing forwards and hands are in an overgrasp position.</p> <p>During lay away, make sure gymnast comes into the bar and then away from the bar. The bigger the push into the bar the more chance of getting far away from the bar. The gymnast should have extended arms and straight legs. The back should be kept straight. Overall the lay away position should look like front support.</p>	<p>ORGANISATION</p> <p>The gymnasts who aren't on the bars can do strengthening. Can do press ups, squat thrusts, sit ups on mats by wall.</p> <p>APPARATUS</p> <p>Uneven bars with two safety landing modules underneath.</p> <p>A line of mats along the wall for strengthening.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>2. Putting the run up, the hurdle step and the squat on together. If the gymnast is having difficulty getting on the low box top, increase the distance of their run. If this does not cause improvement, practise each part of the skill in isolation before putting it back together (whole part whole method)</p> <p>3. Stretch jump off. Support around the waist if needed</p> <p>4. If gymnast can do this easily without support, they may progress to using a low vault, with support, and repeat steps 2 and 3.</p> <p>COOL DOWN: 10 MINUTES</p> <p>Do some stretches with the group to calm them down, and to avoid their muscles from getting injured (e.g. dish and arch shapes, back support). Dismiss the group once a parent or guardian is there to collect them.</p>	<p>For the hurdle step: Using the arms to swing through on the landing on the springboard so they can ready to be put on the vault. Overall a fast movement.</p> <p>For the squat on: Flat hands on the vault, making sure they are not too close to the front of the vault. The feet should be inbetween the hands, with the legs in a tucked position.</p> <p>For the stretch jump: Straight arms above the head, with a straight body line (no arching of the back). Toes pointed with a controlled landing.</p> <p>Make sure stretches are done with straight arms and legs were appropriate.</p>	<p>top with a safety landing module at the end of it.</p> <p>Vault run (long thin mat) with a springboard at the end. Vault with a safety landing module at the end of it.</p> <p>ORGANISATION While waiting for their go, they can do squat thrusts.</p> <p>ORGANISATION Sit each gymnast down on their own mat.</p> <p>APPARATUS Floor mats - one per gymnast</p>

RISK ASSESSMENT

Once the all the equipment has been put out, it must be checked again to make sure everything is secure and safe before the gymnasts begin their warm up. This would involve locking the bars so they are not moveable, and taking the vault and beam off its' wheels before letting any of the gymnasts on it. The gymnasts will then be able to take part in their warm up. But they must not have any long or baggy clothing on, as they can trip over it and injure themselves. They are not allowed hooded jumpers on as this can obstruct their view. No jewellery apart from single stud earrings are allowed as this can get caught on pieces of apparatus and cause injury. The people taking part need to be aware of others around them and injuries they can cause to each other. For example, running across the floor while others are performing can cause a collision resulting in two injured gymnasts. The coaches also need to take this into consideration. For example, if a coach is supporting a backward walkover, they need to support in the appropriate place but be aware that the gymnast may widen their legs and kick the coach. Also if the gymnasts have been taking part in trampolining, they must take their socks off to avoid slipping over and injuring themselves. Finally the equipment should be checked over for damages they may harm the gymnast. Doing a handstand forward roll on a damaged mat can cause injury to the gymnast. All these checks make sure the gymnast can work in a safe and fun environment.

Evaluation

This session was successful as some of the gymnasts are completing the skills with ease. Some gymnasts are showing talent and will be able to progress onto harder skills in no time. The use of the progression of the forward roll for example is good as not only are the gymnasts building confidence in the skill, but are improving their performance of the skill. But a few within the group are finding the forward roll difficult. They keep putting their head on the floor, rather than their neck. So I will be doing 1 step by step with them to ensure they are performing the correct technique. I will not allow them to go on the springboard because they may be getting the wrong kinaesthetic feeling from it. The use of them strengthening at home is helping their progress at home as a few of the gymnasts are able to do 2 out of the 5 chin ups without support. Carrying on strengthening in the sessions and at home will help to build their muscular strength for bars and floor. All the gymnasts are progressing nicely on beam, as they can all do the three walks without difficulty and are all showing a good start to jumps on the beam. Posture is an issue with the jumps, so I will work on jumps on the floor as a starter, making sure they have the correct body line. Overall, I feel the majority of the gymnasts are progressing at a good pace, and the ones who are slightly behind, I will work with more intensely, to ensure they do not get left behind on basic skills while the rest of the group are on advanced skills.

Session Plan 3

Date: 27/9/08	Venue: .	Time: 10:30am - 12:30pm	Duration of session: 2 hours
Number in group: 8	Gymnast/Coach ratio: 1:8	Age Range: 5 - 8	
First Aid Provision: First Aid Kit in the store cardboard			
Nearest Phone: My mobile phone			
Sessions Goals:			
Floor - To continue with forward roll and forward roll to straddle			
Bars - To continue with lay aways and teach back hip circle			
Beam - To squat onto the beam and teach tuck jumps along with a star jump off			
Vault - To continue squat on and teach tuck jump off			
Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus	
WARM UP: 20 - 25 MINUTES 1. Aim - to mobilise the joints and stretch the muscles. 2. Start off with a game - stuck in the mud to raise the heart rate and warm the gymnasts bodies up. 3. Spread gymnasts out so each gymnast has their own mat. Start at the top of the body. Turn head to either side & up and down. Circle shoulders and arms. Circle the hips keeping the legs straight. Straddle stand, with one hand on hip and lean over to one side. The opposite arm should be straight by ear. Straddle stand, touching the floor in front of them, in the middle and behind them. Jump the legs together and repeat. Touch the toes with straight legs. Sitting in a pike position, pointing the toes and flexing them. Circle the ankles one at a time. Touch the toes with pointed toes, legs should be	I will thoroughly explain where they should feel the different stretches. Make sure legs and arms are straight where needed. CHECK GYMNASTS DRESS DURING WARMUP! No hoods, jewellery, baggy or long trousers, no chewing gum .	ORGANISATION Gymnasts will have one mat each so they are spread out and don't get distracted by others. During the game I will stand around the outside of the mats so I can observe all the gymnasts During the stretching, I will be at the front demonstrating while another coach will walk round, checking what the gymnasts are doing. APPARATUS Floor mats. Enough for one mat per gymnast	

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>straight</p> <p>Lean forward and put head on knees, keeping legs straight.</p> <p>Straddle sit. Lean over each leg and touch toes.</p> <p>Straddle sit. Lean forward and put chest on floor.</p> <p>On hands and knees rocking backwards, forwards and sideways, turning hands on floor, stretching wrists.</p> <p>Kneeling - circle wrists.</p> <p>Lie on stomachs. Hands underneath shoulders and straighten arms to stretch stomach and back muscles.</p> <p>Lie on back with knees bent, lift hips off the floor .</p> <p>Lie on back with knees bent and arms bent by ears so hands are flat on the floor in bridge position, and push. up to bridge.</p> <p>Rock backwards and forwards to stand up.</p> <p>Do a range of jumps to finish the warm up such as tuck, stretch and star jumps.</p>		
<p>FLOOR: 20 MINS</p> <p>1. Starter activity, jumps.</p> <p>Series of basic jumps such as tuck, stretch and star jumps to make sure they have the correct body shape and are jumping high enough to perform the jump.</p> <p>2. Preparations for forward roll and forward roll to straddle:</p> <p>Bunny hops.</p> <p>Rocking backwards and forwards to standing without using hands.</p> <p>Shoulder stand, come down and stand up without hands.</p> <p>3. Review of forward roll on floor. Give support if the</p>	<p>Forward roll:</p> <p>Tuck neck under so chin is on chest.</p> <p>Straighten legs in the middle of the roll.</p> <p>Stand up with legs together and without using hands.</p> <p>Forward roll to straddle:</p> <p>Tuck neck under so chin is on chest.</p> <p>Part legs in the middle of the roll, making a straddle shape.</p> <p>Place hands flat on the floor and push up to straddle stand.</p>	<p>APPARATUS</p> <p>Floor mats</p> <p>ORGANISATION</p> <p>The gymnasts can form lines at the end of the mats and perform move along row of mats.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>gymnast is struggling.</p> <p>4. Review of forward roll to straddle. Progress all gymnasts if they have not started already. Give support if needed around upper arm and back of leg.</p> <p>5. If easily done, put the two moves together so they are performed one after another i.e. forward roll then forward roll to straddle along the row of mats.</p>		
<p>BARS: 20 MINUTES</p> <p>1. Preparations for circle up and down: Front support. Chin ups. Leg lifts</p> <p>2. Circle up and down, support on back and upper leg if needed during circle up. When getting into front support position, support on upper arm and shoulder if needed. In circle down support on upper arm if needed.</p> <p>3. Circle up. Perform 5 lay aways to see if there is enough height and correct body position is achieved. If not, using a low box under the bar, get them to lay away onto the box, seeing how far they get away from the bar.</p> <p>4. If gymnast can perform with correct body position and height, they may progress to back hip circle. Involves laying away from the bar, bringing legs under and round the bar back into the front support position. Support on the upper arm and back of upper leg.</p>	<p>During circle up & down tell the gymnast to look at the bar and while circling up make sure they keep their arms bent in chin position. Make sure thumbs are facing forwards and hands are in an overgrasp position.</p> <p>During lay away, make sure gymnast comes into the bar and then away from the bar. The bigger the push into the bar the more chance of getting far away from the bar. The gymnast should have extended arms and straight legs. The back should be kept straight. Overall the lay away position should look like front support.</p> <p>During lay away back hip circle, body should be in a slightly piked position with arms in a chin position. Make sure gymnasts do not get into habit of coming too far away from the bar. The action should be fast, a slow movement will cause gymnast to open out and come away from the bar. Legs should be straight with pointed toes.</p>	<p>ORGANISATION</p> <p>The gymnasts who aren't on the bars can do strengthening. Can do press ups, squat thrusts, sit ups on mats by wall.</p> <p>APPARATUS</p> <p>Uneven bars with two safety landing modules underneath.</p> <p>A line of mats along the wall for strengthening.</p> <p>A low box for lay away drill.</p>
<p>BEAM: 20 MINUTES</p> <p>1. Preparations: Squat thrusts.</p> <p>Tuck jumps making sure the body is in the correct</p>	<p>For squat on: Legs should come up together into a tucked position on the beam. Hands should be flat on the beam and shoulder width apart. Shoulders should be over the beam.</p>	<p>ORGANISATION</p> <p>Before starting, get gymnasts to practise stretch jumps and squat thrusts. Once they have shown</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
them.		

RISK ASSESSMENT

Once the all the equipment has been put out, it must be checked again to make sure everything it secure and safe before the gymnasts begin their warm up. This would involve locking the bars so they are not moveable, and taking the vault and beam off its' wheels before letting any of the gymnasts on it. The gymnasts will then be able to take part in their warm up. But they must not have any long or baggy clothing on, as they can trip over it and injure themselves. They are not allowed hooded jumpers on as this can obstruct their view. No jewellery apart from single stud earrings are allowed as this can get caught on pieces of apparatus and cause injury. The people taking part need to be aware of others around them and injuries they can cause to each other. For example, running across the floor while others are performing can cause a collision resulting in two injured gymnasts. The coaches also need to take this into consideration. For example, if a coach is supporting a backward walkover, they need to support in the appropriate place but be aware that the gymnast may widen their legs and kick the coach. Also if the gymnasts have been taking part in trampolining, they must take their socks off to avoid slipping over and injuring themselves. Finally the equipment should be checked over for damages they may harm the gymnast. Doing a handstand forward roll on a damaged mat can cause injury to the gymnast. All these checks make sure the gymnast can work in a safe and fun environment.

EVALUATION

This session was good as I reviewed how the gymnasts are progressing. Half of the group are progressing nicely, and are clearly practising whenever they can as the skills are showing a real improvement. It is clear the gymnasts who are also doing strengthening at home as it is beginning to show in their bunny hops on the floor and strengthening on the bars. But the other half who are not progressing as quickly as I hoped are not practising skills and doing strengthening at home. For these individuals, I will be providing them with a sheet with strengthening exercises on to, and their parents will fill them in with the amount they have done daily, and I can track their progress. All of the gymnasts are doing extremely well on the beam. The use of doing squat on the vault is beneficial to their squat ons on the beam. The posture needed for walking along the beam is helping their jumps and they all do it will straight backs. The jump activity I did as a starter on the floor has improved their jumps, shown on the vault and the beam. The gymnasts are all showing a small improvement on the bars and vault, but being that they are young and due to their height, they are not yet strong and tall enough to perform some of the skills. So I will need to support them until they build up their muscular strength, and grow in height. But overall the session went well and I am happy with the gymnasts.

Session Plan 4

Date: 4/10/08	Venue:	Time: 10:30am - 12:30pm	Duration of session: 2 hours
Number in group: 8	Gymnast/Coach ratio: 1:8	Age Range: 5 - 8	
First Aid Provision: First Aid Kit in the store cupboard			
Sessions Goals:			
Floor - To continue with forward roll to straddle and teach a backward roll			
Bars - To continue with lay ways and back hip circle			
Beam - To teach straddle onto the beam and walk forwards with a stretch jump off			
Vault - To continue squat on and tuck jump off, and teach straddle on			
Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus	
WARM UP: 20 - 25 MINUTES 1. Aim - to mobilise the joints and stretch the muscles. 2. Start off with a game - stuck in the mud to raise the heart rate and warm the gymnasts bodies up. 3. Spread gymnasts out so each gymnast has their own mat. Start at the top of the body. Turn head to either side & up and down. Circle shoulders and arms. Circle the hips keeping the legs straight. Straddle stand, with one hand on hip and lean over to one side. The opposite arm should be straight by ear. Straddle stand, touching the floor in front of them, in the middle and behind them. Jump the legs together and repeat. Touch the toes with straight legs. Sitting in a pike position, pointing the toes and flexing them. Circle the ankles one at a time. Touch the toes with pointed toes, legs should be	I will thoroughly explain where they should feel the different stretches. Make sure legs and arms are straight where needed. CHECK GYMNASTS DRESS DURING WARMUP! No hoods, jewellery, baggy or long trousers, no chewing gum .	ORGANISATION Gymnasts will have one mat each so they are spread out and don't get distracted by others. During the game I will stand around the outside of the mats so I can observe all the gymnasts During the stretching, I will be at the front demonstrating while another coach will walk round, checking what the gymnasts are doing. APPARATUS Floor mats. Enough for one mat per gymnast	

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>straight</p> <p>Lean forward and put head on knees, keeping legs straight.</p> <p>Straddle sit. Lean over each leg and touch toes.</p> <p>Straddle sit. Lean forward and put chest on floor.</p> <p>On hands and knees rocking backwards, forwards and sideways, turning hands on floor, stretching wrists.</p> <p>Kneeling - circle wrists.</p> <p>Lie on stomachs. Hands underneath shoulders and straighten arms to stretch stomach and back muscles.</p> <p>Lie on back with knees bent, lift hips off the floor.</p> <p>Lie on back with knees bent and arms bent by ears so hands are flat on the floor in bridge position, and push. up to bridge.</p> <p>Rock backwards and forwards to stand up.</p> <p>Do a range of jumps to finish the warm up such as tuck, stretch and star jumps.</p>		
<p>FLOOR: 20 MINS</p> <p>1. Preparations for forward roll to straddle:</p> <p>Bunny hops.</p> <p>Rocking backwards and forwards to standing without using hands.</p> <p>Shoulder stand, come down and stand up without hands.</p> <p>2. Forward roll to straddle on the floor. Give support if the gymnast is struggling.</p> <p>3. Teach all gymnasts backward roll. Start by making the gymnasts do it on the springboard, so they get a kinaesthetic feeling for the move. Springboard useful at this stage as gives gymnast extra momentum. Give</p>	<p>Forward roll to straddle:</p> <p>Tuck head under so chin is on chest.</p> <p>Part legs in the middle of the roll, making a straddle shape.</p> <p>Place hands flat on the floor and push up to straddle stand.</p> <p>Hands should be placed inbetween the legs before pushing up to straddle stand. Straight legs and pointed toes. Arms straight at the beginning and end of the roll.</p> <p>Backward roll:</p> <p>Tuck head under so chin is on chest.</p> <p>Arms straight at the beginning and end of the roll.</p> <p>Start standing and then crouch down so gymnast is on toes.</p> <p>Before roll hands placed next to ears, and make sure they are flat on the floor when performing the roll.</p>	<p>APPARATUS</p> <p>Floor mats</p> <p>Springboard with mat on it</p> <p>ORGANISATION</p> <p>The gymnasts can form lines at the end of the mats and perform move along row of mats.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>support to begin with.</p> <p>4. If this can be done easily, move to the floor. Still give support around the waist.</p>	<p>Body should be in a tucked position with legs close to the chest. Gymnast must land back in crouch position, and not on knees. Gymnast should stand up and repeat steps to give them extra momentum.</p>	
<p>BARS: 20 MINUTES</p> <p>1. Preparations for lay away and back hip circle: Front support Chin ups. Leg lifts. Circle up and circle down. (Support all above where needed)</p> <p>2. Circle up. Perform 5 lay aways to see if there is enough height and correct body position is achieved. If not, using a low box under the bar, get them to lay away onto the box, seeing how far they get away from the bar.</p> <p>3. If gymnast can perform with correct body position and height, they may progress to back hip circle. Involves laying away from the bar, bringing legs under and round the bar back into the front support position. Support on the upper arm and back of upper leg.</p>	<p>During circle up & down tell the gymnast to look at the bar and while circling up make sure they keep their arms bent in chin position. Make sure thumbs are facing forwards and hands are in an overgrasp position.</p> <p>During lay away, make sure gymnast comes into the bar and then away from the bar. The bigger the push into the bar the more chance of getting far away from the bar. The gymnast should have extended arms and straight legs. The back should be kept straight. Overall the lay away position should look like front support.</p> <p>During lay away back hip circle, body should be in a slightly piked position with arms in a chin position. Make sure gymnasts do not get into habit of coming too far away from the bar. The action should be fast, a slow movement will cause gymnast to open out and come away from the bar. Legs should be straight with pointed toes.</p>	<p>ORGANISATION</p> <p>The gymnasts who aren't on the bars can do strengthening. Can do press ups, squat thrusts, sit ups on mats by wall.</p> <p>APPARATUS</p> <p>Uneven bars with two safety landing modules underneath.</p> <p>A line of mats along the wall for strengthening.</p> <p>A low box for lay away drill.</p>
<p>BEAM: 20 MINUTES</p> <p>1. Preparations: Stretch jumps making sure body is in correct position Straddle stand, making sure legs and arms are straight and body is in correct position.</p> <p>2. Straddle onto the beam, with support around the waist or upper arms. Do this on the floor beam first to build up confidence and kinaesthetic feeling.</p> <p>3. Walking forwards along the beam. The arms should be at shoulder height extended to side for balance.</p>	<p>For straddle on: Legs come up straight and split at the last moment to make a straddle shape. Hands and feet flat on the beam and hands shoulder width apart. Legs and arms straight. Shoulders should be over the beam.</p> <p>For stretch jump: Straight arms above the head, with a straight body line (no arching of the back). Toes pointed with a controlled landing.</p>	<p>ORGANISATION</p> <p>Before starting, get gymnasts to practise stretch jumps and squat thrusts. Once they have shown correct shape, gymnasts can form a line to wait for their go.</p> <p>APPARATUS</p> <p>A floor beam with a mat underneath it, and safety landing module at the end of it.</p>

RISK ASSESSMENT

Once the all the equipment has been put out, it must be checked again to make sure everything is secure and safe before the gymnasts begin their warm up. This would involve locking the bars so they are not moveable, and taking the vault and beam off its' wheels before letting any of the gymnasts on it. The gymnasts will then be able to take part in their warm up. But they must not have any long or baggy clothing on, as they can trip over it and injure themselves. They are not allowed hooded jumpers on as this can obstruct their view. No jewellery apart from single stud earrings are allowed as this can get caught on pieces of apparatus and cause injury. The people taking part need to be aware of others around them and injuries they can cause to each other. For example, running across the floor while others are performing can cause a collision resulting in two injured gymnasts. The coaches also need to take this into consideration. For example, if a coach is supporting a backward walkover, they need to support in the appropriate place but be aware that the gymnast may widen their legs and kick the coach. Also if the gymnasts have been taking part in trampolining, they must take their socks off to avoid slipping over and injuring themselves. Finally the equipment should be checked over for damages they may harm the gymnast. Doing a handstand forward roll on a damaged mat can cause injury to the gymnast. All these checks make sure the gymnast can work in a safe and fun environment.

EVALUATION

This session did not go as well as I had hoped. This was down to a number of things. To begin with on the floor the gymnasts were struggling with the backward roll. They had trouble pushing themselves over, even with the help of the springboard. And the few that did get over were going over their shoulders, causing them to go wonky. So next session I will be using the springboard again to make sure they are going over correctly and also using their hands, as sometimes this may be the problem. The gymnasts also had problems with the straddle on on the vault, as they were not reaching forward enough. To help improve this problem, I will be going back to the box top with the gymnasts who are struggling and see why they are going wrong. The bar work is improving, shown through the gymnasts all being able to do 5 leg lifts and chin ups unaided. The lay aways are slowly improving, but I cannot progress further with the back hip circle until they have got more height. Next week to stop the gymnasts getting bored with the same things on the bars, I will be teaching them swings on the lower bar. This will be beneficial to them when they start learning swings on the top bar, as they will know the correct technique. Finally the gymnasts posture is improving greatly shown through the walking on the beam. Their backs are straight. These is also shown nicely in their jumps on the floor, and off the beam and vault.

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>straight</p> <p>Lean forward and put head on knees, keeping legs straight.</p> <p>Straddle sit. Lean over each leg and touch toes.</p> <p>Straddle sit. Lean forward and put chest on floor.</p> <p>On hands and knees rocking backwards, forwards and sideways, turning hands on floor, stretching wrists.</p> <p>Kneeling - circle wrists.</p> <p>Lie on stomachs. Hands underneath shoulders and straighten arms to stretch stomach and back muscles.</p> <p>Lie on back with knees bent, lift hips off the floor .</p> <p>Lie on back with knees bent and arms bent by ears so hands are flat on the floor in bridge position, and push. up to bridge.</p> <p>Rock backwards and forwards to stand up.</p> <p>Do a range of jumps to finish the warm up such as tuck, stretch and star jumps.</p>		
<p>FLOOR: 20 MINS</p> <p>1. Preparations for backward roll:</p> <p>Bridge (seeing if the hands are in correct position and if they can push their own weight up)</p> <p>Shoulder stand, bringing legs over the head so toes touch the floor. Seeing how far they can move their legs from a stationary position.</p> <p>2. Backward roll on the floor. If gymnasts are struggling take it back to the springboard, building their confidence with the move.</p> <p>3. If gymnast can do on the floor without support, can progress to backward roll to straddle.</p> <p>4. Preparations for backward roll to straddle:</p>	<p>Backward roll:</p> <p>Tuck head under so chin is on chest.</p> <p>Arms straight at the beginning and end of the roll.</p> <p>Start standing and then crouch down so gymnast is on toes.</p> <p>Before roll hands placed next to ears, and make sure they are flat on the floor when performing the roll.</p> <p>Body should be in a tucked position with legs close to the chest.</p> <p>Gymnast must land back in crouch position, and not on knees.</p> <p>Gymnast should stand up and repeat steps to give them extra momentum.</p> <p>Backward roll to straddle:</p> <p>Tuck head under so chin is on chest.</p> <p>Arms straight at the beginning and end of the roll.</p>	<p>APPARATUS</p> <p>Floor mats</p> <p>Springboard with mat on it</p> <p>ORGANISATION</p> <p>The gymnasts can form lines at the end of the mats and perform move along row of mats.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>Laying with stomach on the floor, and hands under shoulders, push up and extend arms, and straddle legs so both arms and legs are straight.</p> <p>5. Using the springboard, teach backward roll to straddle. Support around the waist if needed. Once confident on springboard without support, they may move to floor. Support will be needed.</p>	<p>Start standing and then crouch down so gymnast is on toes. Before roll hands placed next to ears, and make sure they are flat on the floor when performing the roll.</p> <p>When legs are coming over the head, they should split making a straddle shape. When feet have met the floor, hands should be inbetween legs. Arms and legs should be straight.</p>	
<p>BARS: 20 MINUTES</p> <p>1. Preparations for swings: Chin ups Legs Lifts (these two are used as strengthening exercises for all skills on the bars)</p> <p>2. Circle up and circle down.</p> <p>3. Swings. To begin with the gymnast may jump from the block adding more momentum to their swing. Support on the upper arm. Only take away support when confident that the gymnast can do it well on their own, due to risk of gymnast coming off the bar and causing themselves injury.</p> <p>4. When confident they can do it on their own, they may try by themselves.</p>	<p>During circle up & down tell the gymnast to look at the bar and while circling up make sure they keep their arms bent in chin position. Make sure thumbs are facing forwards and ahnds are in an overgrasp position.</p> <p>During swings, the gymnast should keep as straight as possible. Their hands should be in an overgrasp position, and on the back of the swing, they need to regasp their hands. This is done by lifting back over the bar. Help them with this at first, and then make them do it themselves. On the front of the swing, the gymnast should be near horizontal with the bar, kicking their legs out at the front. Legs and arms should be extended and straight. On the back of the swing, the gymnast's arms should be straight and the rest of the body in a piked position. This is good practise for swings on the top bar, stoping them kicking bottom bar.</p>	<p>ORGANISATION</p> <p>The gymnasts who aren't on the bars can do strengthening. Can do press ups, squat thrusts, sit ups on mats by wall.</p> <p>APPARATUS</p> <p>Uneven bars with two safety landing modules underneath.</p> <p>A line of mats along the wall for strengthening.</p>
<p>BEAM: 20 MINUTES</p> <p>1. Preparations: Stretch jumps making sure body is in correct position Straddle stand, making sure legs and arms are straight and body is in correct position.</p> <p>2. Straddle onto the beam, with support around the waist or upper arms.</p> <p>3. Stretch jumps along the beam with support around the waist if needed. Arms should move straight above the head while jumping. Body line should be straight</p>	<p>For straddle on: Legs come up straight and split at the last moment to make a straddle shape. Hands and feet flat on the beam and hands shoulder width apart. Legs and arms straight. Shoulders should be over the beam.</p> <p>For stretch jump: Straight arms above the head, with a straight body line (no arching of the back). Toes pointed with a controlled landing.</p>	<p>ORGANISATION</p> <p>Before starting, get gymnasts to practise stretch jumps and squat thrusts. Once they have shown correct shape, gymnasts can form a line to wait for their go.</p> <p>APPARATUS</p> <p>A medium sized beam with mats underneath it and a safety landing module at the end of it.</p>

Activity & Time	Teaching Points	Organisation/Equipment/ Apparatus
<p>with no over arching of the back. Feet can be one in front of another to create a stable base.</p> <p>4. Stretch jump off the beam onto a safety landing module with support around the waist if needed.</p>		
<p>VAULT: 20 MINUTES</p> <p>1. Running drills to build up the speed to get onto the vault.</p> <p>2. Putting the run up, the hurdle step and the straddle on together. If the gymnast is having trouble getting onto the vault, go back to the low box, looking at each stage to see where it is going wrong.</p> <p>3. Support gymnast on upper arms with straddle on.</p> <p>4. Star jump off onto a safety landing module, with support around the waist if needed.</p>	<p>For the run up: Head up looking forward, keeping the arms bent while running. The gymnast should not be running flat footed. For the hurdle step: Using the arms to swing through on the landing on the springboard so they can ready to be put on the vault. Overall a fast movement. For the straddle on: Flat hands on the vault, making sure they are not too close to the front of the vault. Hands should be inbetween straight legs, feet should be flat on the vault. From jumping on the springboard, legs should split instantly, and bum coming up into the air so feet can be placed on the vault. For star jump: Body starts in a straight line, arms and legs then extend to the side and close again on the landing. Arms and legs should be straight at all times. Toes pointed.</p>	<p>APPARATUS Vault run (long thin mat) with a springboard at the end. Vault with a safety landing module at the end of it. Vault run (long thin mat) with a springboard at the end. Low box top with a safety landing module at the end of it. ORGANISATION While waiting for their go, they can do squat thrusts.</p>
<p>COOL DOWN: 10 MINUTES</p> <p>Do some stretches with the group to calm them down, and to avoid their muscles from getting injured (e.g. dish and arch shapes, back support). Dismiss the group once a parent or guardian is there to collect them.</p>	<p>Make sure stretches are done with straight arms and legs were appropriate.</p>	<p>ORGANISATION Sit each gymnast down on their own mat. APPARATUS Floor mats - one per gymnast</p>

RISK ASSESSMENT

Once the all the equipment has been put out, it must be checked again to make sure everything is secure and safe before the gymnasts begin their warm up. This would involve locking the bars so they are not moveable, and taking the vault and beam off its' wheels before letting any of the gymnasts on it. The gymnasts will then be able to take part in their warm up. But they must not have any long or baggy clothing on, as they can trip over it and injure themselves. They are not allowed hooded jumpers on as this can obstruct their view. No jewellery apart from single stud earrings are allowed as this can get caught on pieces of apparatus and cause injury. The people taking part need to be aware of others around them and injuries they can cause to each other. For example, running across the floor while others are performing can cause a collision resulting in two injured gymnasts. The coaches also need to take this into consideration. For example, if a coach is supporting a backward walkover, they need to support in the appropriate place but be aware that the gymnast may widen their legs and kick the coach. Also if the gymnasts have been taking part in trampolining, they must take their socks off to avoid slipping over and injuring themselves. Finally the equipment should be checked over for damages they may harm the gymnast. Doing a handstand forward roll on a damaged mat can cause injury to the gymnast. All these checks make sure the gymnast can work in a safe and fun environment.

EVALUATION

This session went better than expected. I was weary of some of the activities I was doing due to the gymnasts struggling with them last week. But all the gymnasts did a lot better with their backward rolls. I feel the second session doing them has helped the gymnasts get a feeling for them. I was impressed with the gymnasts who progressed onto backward roll to straddle. They seemed to find it easier than the backward roll. The gymnasts first go at swings were not at all bad. Some of the gymnasts had trouble regripping without support, so I will be doing swings again next week to make sure they are doing swings correctly. The straddle on on the beam and the vault by the gymnasts are progressing nicely. They are showing improvement from last week and they can nearly all do it without support. But they are having trouble on the vault, as they put their hands down too far forward, so they have to move them more than once. They need to reach further forward the first time round. I cannot progress them onto squat and straddle over until they move their hands further forward. I am pleased with the stretch jumps on the beam. All the gymnasts have the correct body shape and the moves are smooth and fluent. Next week I will be going over tuck jumps to see if they are good. If they are good, I will move onto a more difficult skill of dip steps. Overall, I thought the session went well.

Coaching Points for Different Skills

Forward Roll

A forward roll. To be done correctly, the arms and legs must be straight to begin with, and legs should be kept straight during the course of the roll itself. In the crouch position, hands should be flat on the floor and legs should be slightly bent. The head should be tucked onto the chest, so the gymnast rolls on the back of the neck, rather than the top of the head. When going into the roll, the gymnast should push off their legs, straightening them at the same time. Arms should extend while going over in the roll, and the gymnast should not use their hands to stand up with. Arms should come up extended by the ears to finish the move.

A forward roll to straddle. This begins with the same technique as the forward roll, the standing up straight with extended limbs, and crouching down to the floor with flat hands and slightly bent legs. After this, the gymnast then rolls with their head tucked into their chest, and instead of keeping their legs together, they split them into a straddled shape. Their legs should be straight at this point. Their hands then go in between their legs to push them up to a standing position.

The dive roll. This should only be progressed onto if the gymnast's handstand forward roll is good. If not, practise that move until the skill is fluent and smooth. Once this has been achieved, they may try this skill. It can be done with a short run up to get more height into the dive. The jump into the dive should be on the balls of the feet, not a flat footed jump, with a slight bend of the knees. The limbs should be extended, so arms above the head forming a straight line of the body. This straight line should be kept until the hands touch the ground. Once hands touch the floor, the gymnast can perform a forward roll to a standing position. Have to make sure the gymnast's feet are slightly over their line of flight, because being under causes a crash onto the head, and going over the line of flight will cause an uncontrolled landing as the heels will go over first.

Handstand

A handstand. The gymnast firstly needs to learn to go off balance before going into the handstand. This off balance technique will make the gymnast lunge forward into the handstand. The position before going into the handstand needs to have arms up by the ears, so the ears are not visible. The body should be straight. This straightness should be kept as the gymnast is lunging forward into the handstand. The leading leg must be kept straight the entire time. As the gymnast lunges, hands go flat on the floor at shoulder width. The leading leg then pushes off strongly from the floor to help push the body up into the straight position needed. This push up is way some gymnasts end up in a piked position. The heels should not be leading. The back leads this, heels leading can cause the arching of the back. When the legs are fully extended, the body should be in a straight line, with all muscles in a state of isometric muscle contraction. When coming down from a handstand, the gymnast should keep their hips high and put their legs down one at a time. Arms must stay by the ears as the gymnast comes up from the handstand.

A handstand forward roll. This begins with the same principle of the handstand. Once the gymnast is up in the handstand (and it is necessary for the gymnast to hold the handstand before going into the forward roll), the gymnast can bend the body forward slightly keeping the arms straight, and tuck their head under into a forward roll. Arms should be kept straight throughout this and remain by the ears. The gymnast should not land on their head when rolling, they should land on their back. The momentum from this movement should be enough to get the gymnast up to a standing position. Arms should still be extended and in a straight position.

Condititoning							
Dish hold	10 secs						
V Sits	5						
Dish hold	10 secs						
Dish rocks	10						
Turn over - Lift top half (arms by ears)	10						
Lift legs only (arms by sides, hands flat on the floor)	10						
Arch rocks	10						
Leg lifts on the horse	10						
Press ups elbows in	3						
Tricep push ups between 2 benches (make sure the bottom doesn't drop)	10						
Handstand push up out the shoulders against the wall (head in and tight bottom)	10 secs						
Handstand shoulder shrugs (when they can all do well do them against the wall)	10						
Elastic each way - (make sure there's no arch)	10						
Wall bars							
Legs lifts	5						
Leg lift to horizontal hold	5 secs						
Face the wall bars hold dish shape for 5 seconds	3						
When the above shape can be held well try a chin staying in dish							
Heel raises	20						

This is the conditioning sheet I gave to the gymnasts,
so they do extra conditioning at home

Health & Safety Issues with Gymnastics

Health and Safety Issues with Gymnastics

There are a lot of complex equipment used and complex skills taught within gymnastics. It is easy for something to go wrong if precautions are not thought about and done. The main health and safety issue in gymnastics is the equipment used. The equipment needs to be properly checked over before it can be used by the gymnasts. This check over can involve making sure the equipment is not on its' wheels, all straps supporting the equipment are secured tightly and making sure the equipment is not damaged in any way. If a coach does not check over the equipment, a major incident can occur. For example, a gymnast may innocently swing on loose bars, which can result in the bars falling and seriously injuring the gymnast. These checks should be done before the gymnasts begin their warm up. Every time equipment is used, it should be looked over making sure it is not damaged in anyway. This involves looking and perhaps testing equipment so its' defaults do not harm the gymnasts in anyway. An example would be a nail being loose on a vault. Checking it over before use will ensure no injury is caused, and the nail is removed.

The gymnasts themselves can be a hazard during the course of a session. Their clothing must be appropriate i.e. leotard. But other appropriate clothing can be worn such as elastic bottomed trousers. Long tracksuit bottoms cannot be worn as the gymnast is more than likely to trip over them while taking part. A hooded top cannot be worn since it can cover the gymnast's eyes when performing skills on the floor such as a handstand. The hood is also distracting to the gymnast as they tend to fiddle with them. Jewellery is a major issue due to it getting caught on the pieces of equipment. A single stud earring is all that is allowed on the ears, and religious and medical jewellery are allowed as long as they are worn under clothing. No other jewellery or watches are allowed to be worn for the health and safety of the gymnasts. This rule applies also to the coaches, for the safety of themselves and to the gymnasts they are supporting. Chewing gum is forbidden in gyms as it can cause choking to the gymnasts while they are performing.

The coaches also need to be aware of the support they are giving and when to stop supporting. For example, a coach needs to keep supporting a gymnast learning a back flick until the coach is confident that they can do it on their own. If the coach stops supporting too soon, it can result in an injury to the gymnast as they may not be performing it correctly. So with difficult skills, the coach must keep supporting until they are confident the gymnast can do it unaided.

If an accident occurs during a session, the coach will sit the rest of the group down while they deal with the injured gymnast. If it is a minor injury such as a cut, the coach will retrieve the first aid kit and treat it appropriately. But if the injury is more major, such as a bone fracture, then the coach will call an ambulance and help treat the gymnast best they can while the ambulance arrives. This may involve using first aid training, such as using the RICE treatment for sprains.

If the fire alarm sounds while the session is taking place, all coaches will gather their group together and head out to the assembly point. Here a register is taken to make sure no one is left inside. Once the alarm has stopped ringing and coaches have been told it is safe, they may re-enter the building to carry on with their session. This is a reason why gymnasts must tell their coach if they want to go to the toilet, so if this occurrence happens, the coach knows where they are, and not trapped in the building.



ITC First Aid Ltd

Course details

Provider/Centre name
Clive Atkins

Venue
London

Date of issue
13/2/2009

Trainers
Clive Atkins

Examiners
Clive Atkins

Certificate number
BFA/090213/06

Signed

Dr V Reay MB ChB
(Technical Director)

First Aid

This is to certify that

Has passed a Basic First Aid course

This certificate has a valid lifetime of 3 years from date of issue

Child Protection

Child Protection Procedures

In gymnastics, there are a lot of child protection procedures in place, for the safety of the children taking part. All coaches need to get a check from the Criminal Records Bureau. This check makes sure they have not committed any crimes that will hinder a coach from coaching children. This check also makes sure there are no criminals working with the children, who could harm them in any way.

Due to the fact that the gymnasts perform in leotards, they are considered quite revealing. This is a reason why photography and filming is not allowed. However, there is filming and photography taken in competitions. This is allowed, but the organisers have to first get permission from every parent of every child taking part in the competition. This will allow people to take pictures and film their children. I would imagine also that professional photographers would need a CRB check before they are allowed to take photographs of children at the event.

There must be regular checks of the equipment to make sure the children are kept safe. This involves once or twice a month to do a thorough check of all equipment used within the gym. The use of damaged equipment can result in injury to the gymnasts. This must be avoided at all costs. This is also why at the beginning of each session, after all equipment has been put up, it has to be checked. It involves making sure all equipment is off its wheels, secure and in place. If not the gymnast and even coach can get injured. This must be done to avoid serious injuries.

Enhanced Disclosure

Page 1 of 2

disclosure

Disclosure Number 00115 118031

Date of Issue: 22 FEBRUARY 2007

Applicant Personal Details

Surname:

Forename(s):

Other Names: NONE DECLARED

Date of Birth: 10 DECEMBER 1991

Place of Birth: ISLINGTON LONDON

Gender: FEMALE

Employment Details

Position applied for:
ASSISTANT CLUB COACH

Name of Employer:
ENFIELD GYMNASTICS CLUB

Countersignatory Details

Registered Person/Body:
BRITISH AMATEUR GYMNASTICS ASSOCIATION (BAGA)

Countersignatory:
CATHERINE POWELL

Police Records of Convictions, Cautions, Reprimands and Final Warnings

NONE RECORDED

Information from the list held under Section 142 of the Education Act 2002

NONE RECORDED

Protection of Children Act List information

NONE RECORDED

Protection of Vulnerable Adults List information

NONE RECORDED

Other relevant information disclosed at the Chief Police Officer(s) discretion

NONE RECORDED

Enhanced Disclosure

This document is an Enhanced Criminal Record Certificate within the meaning of sections 115 and 116 of the Police Act 1997.

Use of Disclosure information

Continued on page 2

THIS DISCLOSURE IS NOT EVIDENCE OF IDENTITY

Criminal Records Bureau, PO Box 165, Liverpool, L69 3JD Helpline: 0870 90 90 844

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