

Gymnastics Basic Shapes



Standing Straight
(stretched)



Pike



Tuck



Straddle



Star



Front
Support



Back
Support



Hollow Dish



Arch



Bridge

Teaching Basic Gymnastics

C Cleary



Teaching Basic Gymnastics:

Teaching Fundamental Gymnastics Skills Debby Mitchell, Barbara Davis, Raim Lopez, 2002 This manual provides guidance on gymnastics instruction for physical education teachers The authors explore different teaching strategies body awareness and the foundational movements and postures then describe the basic skills of floor exercise balance beam springboard and vault and bars Black and white drawings illustrate correct body positions Annotation copyrighted by Book News Inc Portland OR

Complete Guide to Primary Gymnastics Lindsay Broomfield, 2011 Gymnastics is accessible and straightforward to teach and Lindsay Broomfield provides clear instruction for primary teachers and club coaches to teach gymnastic skills Its progressive approach builds on the basics and allows for a smooth transition for pupils entering year 7

Teaching Basic Gymnastics Phyllis Cooper, Milan Trnka, 1994 Teaching basic gymnastics a coeducational approach provides methods of teaching and spotting for many beginning and some intermediate gymnastic skills Emphasis is placed on guiding instructors in working with students in typical physical education classes Instructors are urged to encourage students to seek their own individual levels of success rather than perfect performance In most physical education classes the typical student does not have the time to develop skills beyond the level of advanced beginner Therefore Teaching basic gymnastics does not address true intermediate or advanced skills The events presented in the text include coeducational apparatus individual and dual activities pyramids and modern rhythmic gymnastics The level and number of skills presented in each teaching situation will depend on the amount of time available for the gymnastics unit and the instructor's expertise Throughout the text attention is given to the importance of providing a safe learning environment by way of careful inspection and proper use and placement of mats and apparatus Class organization is also discussed *Gymnastic Teaching*

William Skarstrom, 1921 Bouve collection **Methods of Teaching Gymnastics** William Gilbert Anderson, 1896

Fundamental Danish Gymnastics for Women Dorothy Sumption, 1929 **Gymnastic Exercises for Elementary**

Schools Harriet Edna Trask, 1904 Fundamental Gymnastics; the Basis of Rational Niels Ebbesen Bukh, 1928

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Secondary Education New South Wales. Commission on Primary, Secondary, Technical, and other Branches of Education, 1904 *Annual Report of the Superintendent of Public Instruction of the State of Michigan* Michigan.

Department of Public Instruction, 1895 Normal College of the American Gymnastic Union American Gymnastic Union. Normal College, 1929 *A Teachers' Course in Physical Training* Wilbur Pardon Bowen, 1917 *USA Gymnastics Safety*

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