

Year 8 Gymnastics Apparatus

Lesson outcome and key concepts:

- For the students to learn basic vaulting preparation skills
- Advance onto basic vaulting skills
- Revise previously taught acrobatic skills and work towards more complex skills
- Increase the difficulty by attempting year 7 work on benches/beams
- Using hand held apparatus, develop on year 7 work by combining acrobatic skills

Sequences:

- Create a routines comprising of 10 elements including skills taught in year 7 and 8.
- Create a partner/trio sequence giving mirror imagery with the same criteria as above.
- Create small group routines with 10+ elements using their imagination to create sequences. Incorporate music to set tempo and emotional movements whilst transitioning from one skill to the next.
- To include hand apparatus within the sequence.
- To create a sequence of 5 elements on floor lines/bench/beam

Skill / prep	Coaching points	Equipment
Vaulting drills: - Running drills - Springboard drills Vault skills - Run, rebound off springboard to land on safety mat - Squat on to vault - Straddle on to vault - Handstand flat back	See videos: See videos:	Rope Hoops Springboard Vault Safety mats
Acrobatic Skills: - Backward walkover - Forward walkover - Cartwheel ¼ turn Dance Skills: - Chassé - Cat leap - Split leap - Side leap - Fueté hop - Split change - Spins	See videos: See videos:	Mats
Beam: - Shapes - Travel - Balances - Turns / spin - Jumps - Acrobatic	See videos:	Floor line Bench Beam Mats

• Mounts • Dismounts		