Year 4 Gymnastics Routine Coaching Points

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| Move | Coaching Points |
| Front to back cartwheel | Begin facing forwards, feet togetherCartwheel with a quarter turnLand facing the direction you came from with feet togetherTop Tip: Use sports/markers where you wish the children to place their hands and feet |
| Backwards roll to stand | Begin on feet, bend down into squat, hands by shouldersRoll backwards, extending arms to push Knees togetherLand feet on the floor, the straighter the legs the betterTop Tip: Use ramps to help with backward roll progression eg a mat covering a spring board – use a bean bag between the knees to encourage knees together |
| Side Scale | Base leg to be straightLift leg out to the side, lower than hip height. Leg to be straightHold balance for 3 secondsTop Tip: Focus on a point in front to hold the balance |
| Move | Coaching Points |
| Headstand in tuck | Begin in squat, place hands shoulder width apart on floorPlace head on floor at the heel of the handsLift feet into tuck position and hold balance for 3 secondsTop Tip: The hands and head should be in a triangle shape – use markers or chalk to mark these – walk feet into hands before tuck position is held |
| Bridge | Lay on back, hands placed by shoulders and feet moved towards bottomLift into bridgeAim to get feet and knees together as well as legs straightTop Tip: Encourage gymnasts to push over shoulders to aid with straightened legs |
| Rock to Stand | Knees together, arms stretched out in front, feet togetherTop Tip: use bean bags between the knees to encourage knees together |
| Full Turn | Begin feet togetherUse arms to aid with rotationLand feet together, bending knees and using arms to balanceHold landing Top Tip: The use of arms is crucial for balance |
| Move | Coaching Points |
| Forwards roll to straddle | Begin feet togetherPlace hands on floor and roll (top of head should not touch the floor)Legs should split into straddle shape and feet should land on floor in straddle shape (legs straight)Place hands in between legs and push body into straddle standTop Tip: Use ramps to aid with push and hand placement – progress to floor |
| Jump feet together to stand | From straddle stand, bend knees and jump the feet togetherTop Tip: Use arms to help with balance on landing |
| Kick to Handstand | Step forward, place hands on the floor shoulder width apartStraighten arms and kick one leg up into the airKick the other leg up to meet in the airPlace one leg down onto the floor and then the otherLegs should remain straight throughoutTop Tip: use markers or chalk to aid with hand and feet placement, avoid arching of the back, look for fingertips when kicking to handstand |

Remember to stretch before and after each move and present at the beginning and end of the routine.