Year 4 Gymnastics Routine Coaching Points

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| Move | Coaching Points |
| Front to back cartwheel | Begin facing forwards, feet together  Cartwheel with a quarter turn  Land facing the direction you came from with feet together  Top 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 shoulders  Roll backwards, extending arms to push  Knees together  Land feet on the floor, the straighter the legs the better  Top 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 straight  Lift leg out to the side, lower than hip height. Leg to be straight  Hold balance for 3 seconds  Top 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 floor  Place head on floor at the heel of the hands  Lift feet into tuck position and hold balance for 3 seconds  Top 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 bottom  Lift into bridge  Aim to get feet and knees together as well as legs straight  Top Tip: Encourage gymnasts to push over shoulders to aid with straightened legs |
| Rock to Stand | Knees together, arms stretched out in front, feet together  Top Tip: use bean bags between the knees to encourage knees together |
| Full Turn | Begin feet together  Use arms to aid with rotation  Land feet together, bending knees and using arms to balance  Hold landing  Top Tip: The use of arms is crucial for balance |
| Move | Coaching Points |
| Forwards roll to straddle | Begin feet together  Place 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 stand  Top 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 together  Top Tip: Use arms to help with balance on landing |
| Kick to Handstand | Step forward, place hands on the floor shoulder width apart  Straighten arms and kick one leg up into the air  Kick the other leg up to meet in the air  Place one leg down onto the floor and then the other  Legs should remain straight throughout  Top 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.