

***Up Down All Around* Gymnastics Lesson Plans**

By Rick McCharles

A career coach & educator, I believe **gymnastics is one of the best all-around activities** for all children.

It's one of the foundation sports.

- **Run**
- **Swim**
- **Gymnastics**

I started gymnastics myself in grade 6. My primary school required gymnastics in gym class and even offered a school gymnastics team. I competed at the elementary school championships that year — 1969.

For the subsequent 6 years I enjoyed gymnastics in the Physical Education *and* trained with school gymnastics teams. It was an important part of my *education*.

Today fewer & fewer schools teach gymnastics. Many kids grow up without ever performing a cartwheel nor learning how to pull up and over a bar.

This is a real shame.

Happily there are some who want to reverse this trend — to expand and *improve* gymnastics in schools.

Educators should be aware of Ruschkin Publishing Company's **Up Down All Around** gymnastics lesson plans:

- easy for teachers to present
- beneficial & enjoyable for *all* students, regardless of ability or experience
- minimal equipment
- *Lesson Expander* for advanced students
- convenient 3-hole-punched binder-ready format



Lesson plan themes are not complex skills, but rather basic **Gymnastics Movement Patterns (GMP's)**:

- **Landings** (landing & falling safely)
- **Statics**
- **Locomotions** (e.g. moving, climbing, traversing)
- **Rotations** (e.g. rolling, turning, cartwheeling)
- **Springs**
- **Swings**



For example, **Series A – lesson plans for grades 1 & 2**

<u>Lesson #</u>	<u>Theme</u>	<u>sub theme</u>
1	Landings	on the feet
2	Landings	on the hands
3	Landings	on the feet and the hands
4	Statics	supports (individual)
5	Statics	supports (individual)
6	Statics	balances (feet & knees)
7	Statics	balances (hips & shoulders)
8	Statics	hangs
9	Locomotions	on the feet
10	Locomotions	in supports
11	Locomotions	in hangs
12	Rotations	broad axis of body
13	Rotations	long axis of body
14	Rotations	combined axes
15	Spring	from the legs
16	Spring	from the legs and arms
17	Swing	from the arms
18	Review Lesson	Landings & Statics
19	Review Lesson	Locomotions & Rotations
20	Review Lesson	Springs & Swings

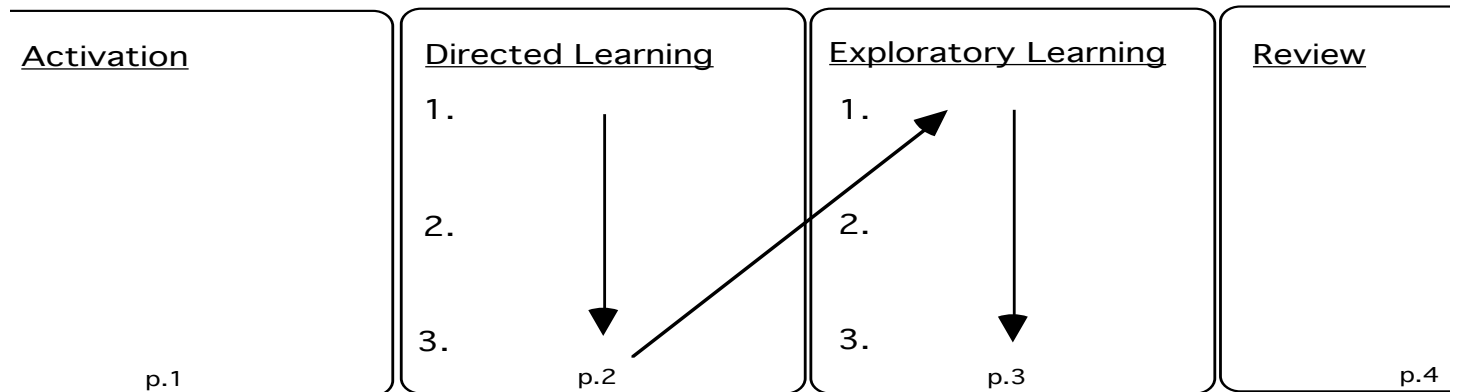
Up Down All Around consists of 3 series of lesson plans. Each series can be used for 2 grade levels:

- Series **A** is designed for **grades 1** and **2**,
- Series **B** is designed for **grades 3** and **4**
- Series **C** is designed for **grades 5** and **6**

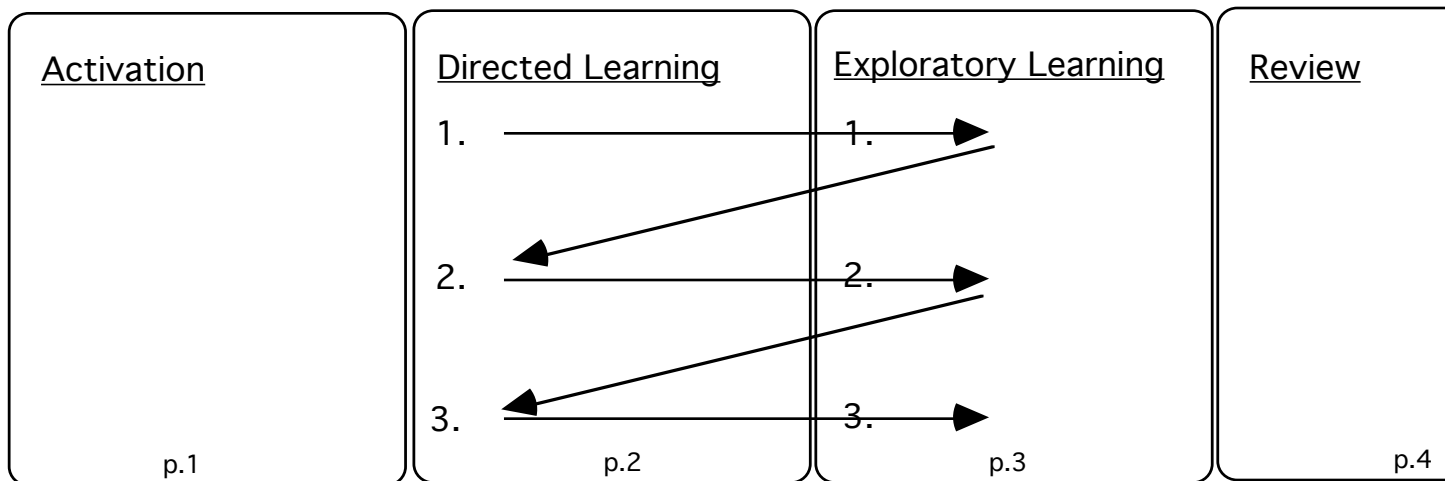
There are **20 lesson plans** in each series. Each lesson consists of **4 pages** :

page 1 = **Activation** or warm-up
page 2 = **Directed Learning** teacher directed
page 3 = **Exploratory Learning** student directed
page 4 = **Review** and **Lesson Expander** of additional material

The lessons are designed with the **Directed Learning** section preceding the **Exploratory Learning** section. Usually you will teach the activities in the **Directed Learning** section and then let the students explore variations and construct sequences in the **Exploratory Learning** section.



You may, however, let the students **explore** variations of **each activity** that is presented in the **Directed Learning** section. The following graphic illustrates this:



I feel the Ruschkin lesson plans are the best available for schools, by far. To decide for yourself, check the publisher's website:

Ruschkin.com