

BPHY311 Teaching Gymnastics

ECTS Value: 4 ECTS
Self-Study Hours: 45

Contact Hours: 12
Assessment Hours: 35

Overall Objectives and Outcomes

This module sets out to prepare participants for the design and delivery of safe, engaging and progressive gymnastics activities as part of a physical education curriculum. The module fosters a broad appreciation for different gymnastics disciplines, it explores the value of fitness components in relation to this sport as well as how these can be developed through gymnastics activity.

The technical content focuses specifically on the physical preparation and skill development relevant to artistic gymnastics. Participants will be supported in developing their ability to teach core gymnastics skills and elements these using appropriate progressions, equipment and feedback.

By the end of this module, the learner will be able to:

Competences

- a. design a series of progressive gymnastics sessions in line with the relevant curriculum/syllabus;
- b. manage safe and effective gymnastics activities as appropriate for the learner's current abilities and aspirations;
- c. integrate cross-curricular teaching/learning opportunities within gymnastics activities.

Knowledge

- a. systematically understand the different gymnastics disciplines;
- b. recognise selection of core artistic gymnastics movements and elements and identify relevant variations;
- c. distinguish the phases and component movements in core floor and vault elements.

Skills

- a. employ training progressions and conditioning exercises to promote good body management and support skill development;
- b. modify skill development activities and training progressions to suit different levels of ability;
- c. create and facilitate the creation of gymnastics floor routines composed of at least 6 elements.

Assessment Methods

This module will be assessed through: Digital Portfolio assignment, practical assignment

Suggested Readings

Core Reading List:

1. Readhead, L., 2017. *Coaching Youth Gymnastics: An Essential Guide for Coaches, Parents and Teachers*. Crowood Press

2. Gymnastics Skills Coaching Handbook. 2018. *Gymnastics Skills Coaching Handbook*. [ONLINE] Available at: <https://sites.google.com/site/gymskillbasics/Home>. [Accessed 23 May 2018].

Supplementary Reading List:

1. S., P., 1993. *Teaching Basic Gymnastics: A Coeducational Approach*. Macmillan USA.
2. J.North. 2012. Further Development of the *Gymnastics Participant Model*. [ONLINE] Available at: <http://eprints.leedsbeckett.ac.uk/77/1/North,%20J%20-%20Gymnastics%20Participant%20Model%20-%20FINAL.pdf>. [Accessed 17 May 2018].
3. Federation Internationale de Gymnastique. 2016. *2017 – 2020 Code of Points* [ONLINE] Available at: <http://www.fig-gymnastics.com/site/rules/disciplines/art> [Accessed 17 May 2018].